The Princesses COOK BOOK

From the Original Swedish

"PRINSESSORNAS KOKBOK"

By

JENNY ÅKERSTRÖM

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THE PRINCESSES COOK BOOK

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COOK BOOK

FROM THE ORIGINAL SWEDISH
"PRINSESSORNAS KOKBOK"

BY

JENNY ÅKERSTRÖM

TRANSLATED AND EDITED
BY
GUDRUN CARLSON

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PRINCESS MARGARET

CROWN PRINCESS MARTHA.

CROWN PRINCESS ASTRID.

Dedicated to
Princess Margaret of Denmark
Crown Princess Martha of Norway
Crown Princess Astrid of Belgium
and to all my other students.

Since the original publication of this book, Crown Princess Ingrid of Denmark, daughter of Crown Prince Gustaf Adolf of Sweden, has also attended my School.

Jenny Åkerström

FOREWORD

Swedish cookery has long since achieved a well deserved renown. From the humble hardtack (Knäckebröd), to the elaborate appetizers (Smörgåsbord), there has grown through the centuries a perfection and art of cookery that has evoked the admiration of epicures.

Some of Sweden's famous dishes have found their way to this country but there are many others which might enrich our American cookery. Often those of us who appreciate and enjoy foreign foods, but who cannot seek out the original sources, find it difficult to obtain accurate directions and measurements and therefore hesitate to attempt their preparation. For such devotees of good food this collection of Swedish recipes has been carefully selected from the popular Swedish cook book, "Princessornas Kokbok," by Jenny Åkerström.

In choosing the material for this condensed English edition, preference has been given to those recipes which are most typically Swedish. Sweden, in common with other nations, has drawn upon many sources for its varied dishes of today and these influences can often be traced, but adaptation to local tastes and available supply of seasonings and flavorings has made even such foods take on distinctive Swedish characteristics.

Every recipe given has been thoroughly tested in the renowned cooking school owned and managed by Mrs. Jenny Åkerström in Stockholm, Sweden. Consideration has been given both to the ordinary food preparation in the home and to more elaborate service. For this reason directions for simplifying or elaborating a recipe are in many instances added. To make the recipes practical and easy to follow the metric weights commonly used in Sweden, have been converted into American measurements.

For some groups of recipes general rules or directions are included in the introductory notes which should be carefully read before attempting to follow individual recipes. Since no purpose is served by repeating recipes which are found in any good American cook book such directions have been omitted. The illustrations will be found helpful in following directions for some of the more unusual recipes. In Swedish cookery much stress is put on both the fine quality and the artistic appearance of the finished food product.

It is hoped that this collection of Swedish recipes will add much to the joy of cooking and greatly enhance the pleasure of eating.

Gudrun Carlson.

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Glossary

Bouquet (herbs): 1 sprig thyme, ½ bay leaf and a few sprigs of parsley tied together.

Compote: Fruit or mixture of fruits in a sugar sirup.

Glaze: Coating of thick concentrated meat stock or meat extract.

Kippered herring: Selected herring, dry salted and lightly smoked.

Lard (larded, larding): Insertion of fine narrow strips of fat pork (lardoons) in meat, fish, or game.

Marinade: Wine or vinegar dressing in which food is allowed to stand to improve flavor and tenderness.

Morel: An edible mushroom, common in Europe and in parts of the United States. Used for flavoring gravies, catchups, or other food.

Panada: Flour and water or other liquid cooked until thick, with or without crumbs or other ingredients, used as a white sauce foundation.

Rusks: Slices of small loaves or rolls, or very small half buns slowly dried and lightly browned in the oven.

Four spices: Mixed spices with 2 parts white pepper, 2 parts nutmeg, 1 part allspice and 1 part cloves.

Smörgåsbord: Appetizers, hors d'oeuvres.

Abbreviations

qt. = quart	lb. = pound
pt. = pint	oz. = ounce

Temperatures

Baking		Deep Fat Frying	
Very slow oven	225°-300° F.	Fish and meat	375° F.
Slow oven	300°-350° F.	Croquettes	375° F.
Moderate oven	350°-400° F.	Potatoes	360° F.
Hot oven	400°-475° F.		
Very hot oven	475°-550° F.		

Sandwiches, Appetizers and Entrées.

1. Sandwiches

Sweden has adopted the English word to designate the closed sandwich made with two slices of bread, but retains the Swedish word, "smörgåsar," to denote the open-faced sandwiches so typical of and so popular in all of Scandinavia. Gradually however the word "sandwich" is gaining in usage as descriptive of any small, delicate sandwich served as an accompaniment to afternoon tea, as a canapé, or as other light refreshment.

Sandwiches may be made from either dark or light breads and may be cut in different shapes as desired. Fillings and garnishes may consist of very thin slices of smoked salmon, tongue, ham, chicken, reindeer or other cold meats; of finely chopped or ground smoked herring, smoked salmon, sardines, anchovies, cooked eggs, or cheese; or of prepared goose liver paste (paté de foie gras), other liver paste, caviar, fish roe, shrimps, lobster, crayfish or other delicate fish.

Garnishes for the individual sandwiches or for the plate on which they are served may include sliced tomatoes, thin slices or curls of unpeeled cucumbers, chopped watercress or parsley, radish roses, diced aspic jelly, fancy cut lemon and similar decorative foods. When to be served the sandwiches should be attractively arranged on a plate or tray. Small open-faced sandwiches should be laid singly.

2. Smoked Herring Canapés

(12 canapés)

12 slices white bread, cut into round shapes
8 lightly smoked herring
⅓ cup butter
3-4 tablespoons cream
***Garnish:* stuffed olives**
radish roses
(paprika)

Free herring from skin and bone and mash the fish together with butter to form a paste. Force paste through a sieve and add gradually enough cream to give a smooth consistency. Add seasonings to taste and spread over the bread slices, then garnish with a ring of thinly sliced olives. Just before serving place in the center of each canapé a small crisp radish rose.

If the paste starts to separate when the cream is added, set it over hot water and beat vigorously.

VARIATION: Place a slice of hard cooked egg in the center of each canapé and surround this with a border of paste forced through a pastry tube. Garnish with a bit of parsley or watercress.

3. Smoked Salmon Canapés

(12 canapés)

12 slices white bread, cut into round shapes, butter
6-7 oz. smoked salmon
1 tablespoon cream
3 tablespoons butter
3 hard cooked eggs, sliced
(sprigs of dill)

Mash together in a mortar the salmon, cream and butter to form a paste and force through a sieve. Vary the amount of cream if necessary to give right consistency for spreading. Butter the bread and place in center of each piece a slice of egg. With a fluted pastry tube form rossettes of paste around the egg and in the center. Garnish canapés with very small sprigs of dill.

4. Canapés à la Riga

(12 canapés)

12 slices white bread, cut into squares
Ravigote butter: ½ cup butter
1 tablespoon finely chopped onion
¾ teaspoon French mustard
½ tablespoon wine vinegar
4-5 sprigs parsley, (tarragon), salt
Garnish: 6 small smoked herring
1 can caviar

Blanch parsley and tarragon in boiling water and combine with onion, then force through a sieve. Cream this purée together with butter and vinegar, season to taste and spread on the bread slices. Free herring from skin and bone and trim out fillets. Carefully cut each fillet into strips lengthwise. Lay strips in parallel rows diagonally across the bread slices and between the strips add the caviar. These canapés should be prepared shortly before serving and kept very cold. Serve either as an appetizer or as a sandwich.

VARIATION: For a more delicately flavored canapé use smoked salmon in place of the herring and choice Russian caviar.

5. Spring Sandwiches

(12 sandwiches)

12 small slices dark bread, or fine thin hardtack, butter
3 hard cooked eggs, chopped
8 anchovies, skinned and boned
1 tablespoon minced onion
chopped parsley

Chop anchovies and onion together to form a well blended mixture, then carefully combine with chopped egg. Butter the bread, spread with anchovy mixture and garnish with parsley.

VARIATION: As another spread for these sandwiches combine finely diced cooked ham and chopped chives or chopped green leek leaf.

6. Salad Sandwiches

(20 large sandwiches)

20 slices white bread, medium thick creamed butter
***Salad:* 1-1½ cups mayonnaise**
5 tablespoons thick cream
2 cooked potatoes, diced
4 medium apples, diced
¾ cup cooked peas
2 stalks celery, thinly sliced
1 small gherkin, diced or
2 tablespoons chopped pickle
***Garnish:* 3-4 small tomatoes**
2 small heads lettuce

Add gradually to the mayonnaise the stiffly beaten cream. Prepare vegetables and drain peas, then combine ingredients and fold carefully into the mayonnaise. Butter the bread, trim off the crusts and arrange lettuce leaves attractively on each slice. On the center of each sandwich place a large spoonful of the salad and garnish with a section of tomato. If the sandwiches are not to be served at once lay them on a slightly damp cloth in a cold place. These sandwiches are most appropriate for lunch or supper.

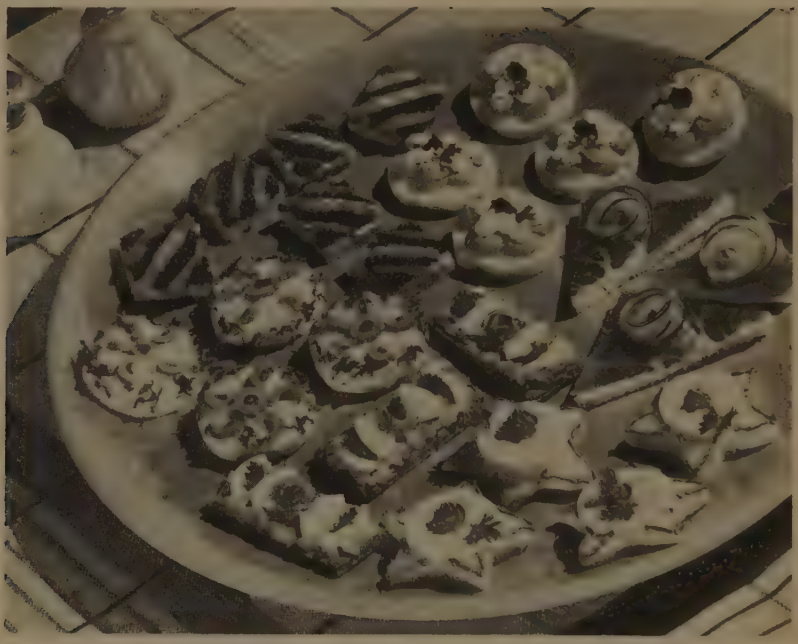
VARIATION: Add chopped cold cooked meat such as tongue, veal, chicken or pork to the other ingredients.

7. Warm Piquant Canapés

(12 canapés)

12 slices white bread, cut into round shapes, creamed butter
grated cheese (strong)
6-8 selected anchovies
1 large slice yellow onion
3 tablespoons tomato catchup

Spread bread generously with butter and dip butter side down in grated cheese. Free anchovies from skin and bone and chop together



Assorted Dainty Sandwiches and Canapés.

with the onion, then make a border of this mixture around the edge of each canapé. In the center add the tomato catchup and set in a fairly hot oven to heat through and brown slightly.

These canapés are especially appropriate as an appetizer for dinner.

8. Hot Mushroom Sandwiches

(10-12 sandwiches)

10-12 slices white bread, medium thick, creamed butter
Sauce: 2 tablespoons butter
2 cups canned mushrooms
(2 tablespoons flour)
mushroom liquor, thick cream
salt, paprika
sifted dry crumbs
(grated cheese)
1 tablespoon butter, melted

Cut the mushrooms into slices lengthwise and cook in the butter without browning, add gradually the mushroom liquor and cream. If cream is thin dredge mushrooms with flour in order to thicken the sauce sufficiently. Allow mushrooms to simmer while stirring frequently until sauce is of smooth, creamy consistency. Season to

taste, adding a few drops of lemon juice or a couple of tablespoons of white wine if sauce needs more flavor.

Butter the bread and when the mushroom sauce has chilled enough to set spread it over the bread, sprinkle with grated cheese (if desired), crumbs and melted butter. Just before serving set in a fairly hot oven or broiler to brown. Arrange attractively on a large platter and serve hot as a luncheon or supper dish.

VARIATION: The mushrooms may be supplemented by the use of part cooked fish, sweetbreads, chicken, or veal.

9. Salt Herring with Sour Cream

(6 servings)

2 salted fat herring
dill

***Sauce:* ¾ cup thick sour cream**
dill, chives

Select fat herring with light flesh. Clean fish, trim out fillets and soak in cold water for 10-12 hours, the length of time depending upon how salty the herring happens to be and how salty it may be desired. Rinse fillets in fresh water, wipe dry with a cloth and fit them together two and two so as to resemble the whole fish. Cut crosswise into pieces about ⅝ inch wide, place on a serving dish and garnish with very small sprigs of dill.

Serve with small potatoes boiled without paring, with sour cream slightly whipped and finely chopped dill or chives in separate dishes.

10. Pickled Herring—*Inlagd Sill*

3 salted fat herring

***Pickle I:* ¾ cup light vinegar**
1¼ cups water
3 tablespoons sugar
⅓ teaspoon white pepper
1 red onion, thinly sliced

***Pickle II:* ⅜ cup light vinegar**
⅝ cup water
3 tablespoons sugar
¼ teaspoon white pepper
1 red onion, thinly sliced
2 bay leaves

Select well fattened herring of fine quality. Clean fish and trim out the fillets, soak in cold water for 18-20 hours and free from skin and bone. For the pickle melt sugar in water, add vinegar, pepper and onion and when well blended pour over the herring. Allow to stand in a cold place until the following day. A short while before serving

cut the fillets crosswise into ½ inch pieces and place on serving dish laying the pieces so as to resemble the whole fillets. Prepare pickle No. 2 in same manner as No. 1 and pour over the herring. Arrange overlapping slices of onion and bay leaves on top. Serve very cold.

11. Glazier's Herring—*Glasmästarsill*

8 large salted fat herring
1½ cups white vinegar
2 cups water
1⅜ cups sugar
5-6 red onions, sliced
3 tablespoons allspice
1 large piece horseradish, sliced
1 small carrot, sliced
8-10 bay leaves
2 tablespoons mustard seeds
8-10 pieces ginger root

Clean herring and soak in cold water over night. Scrape well but do not skin, remove head, tail and fins but not the backbone and wash in several waters until water remains perfectly clear. Cut each herring crosswise into pieces about ¾ inch wide and lay in a glass jar, alternating them so that they form even layers. Between the layers add onion, horseradish, carrot and spices.

Heat sugar and vinegar together, chill and pour over the herring. Place a plate or cover on top to hold the fish down in the pickle and set in a cool place for four or five days. Serve herring in the same glass dish or jar used for pickling.

12. Herring in Tomato Pickle

(6 servings)

3 lightly cured herring
***Sauce:* 3 tablespoons olive oil**
3 tablespoons wine vinegar
2 tablespoons water
3 tablespoons tomato catchup
1½ tablespoons sugar
pinch of white pepper
minced dill

Trim out fillets of herring, free from skin and bone and cut into narrow strips lengthwise. Combine all ingredients except dill for the sauce, season to taste and pour over the herring. Sprinkle top with dill and allow to stand in a cold place several hours before serving.

Salted fat herring may be used in place of the cured fish but it must first be cleaned and soaked 24 hours in cold water.

Home Cured Herring: To each pound of choice fat salted herring use ¼ cup sugar, 1/12 teaspoon saltpeter and whole milk to cover. Wipe

off the herring and arrange in layers in a porcelain or stone crock. Combine sugar and saltpeter and sprinkle between the layers. Add enough whole milk so that the fish is well immersed and cover with a plate. Set in a cool place for three weeks, adding more milk in meantime if needed.

13. Herring in Sharp Sauce with Chives

(6 servings)

2 salted fat herring
Sauce: **2 cooked egg yolks**
1 raw yolk
¾ teaspoon French mustard
1 tablespoon sugar
pinch of pepper
2-3 tablespoons wine vinegar
4½ tablespoons thin cream
⅝ cup thick cream
chopped chives, or leek leaves

Trim out fillets of herring and soak in a generous amount of cold water for 18-20 hours. Free from skin and bone, wipe dry and cut into crosswise pieces ½ inch wide. Arrange pieces to resemble whole fillets on serving dish. Prepare a sharp sauce (recipe No. 304), add half the dill, pour it over the herring and sprinkle top with remaining dill. Chill thoroughly and serve with small boiled potatoes.

14. Herring in Cream

(6 servings)

2 choice salted herring
Sauce: **strong vinegar to taste**
¾ cup thick cream, sweet or slightly sour
sugar to taste
minced dill
minced chives
fresh cucumber, chopped

Clean herring, trim out fillets and soak in cold water over night. Free from skin and bone, wipe dry, cut into strips crosswise and lay in rows on a serving dish. Beat cream until thick, add dill, vinegar and sugar and pour over fish to cover completely. The pieces of fish should be so laid that they readily absorb the sauce. Set in a cold place 2-3 hours before serving. Serve together with small boiled potatoes.

15. Herring and Eggs in Cream

(6 servings)

2 large salted fat herring
3 hard cooked eggs, diced
1 cup thick cream, slightly sour
pinch of white pepper
dill or chives, minced
(few drops vinegar)

Clean herring and soak in cold water for 15-18 hours. Trim out fillets, free from skin and bone and wipe dry, then cut into small cubes. Whip cream to a consistency of thick sauce, add fish and diced egg, season to taste with pepper and a few drops of vinegar if desired and turn into a serving dish. Sprinkle dill or chives over the top, chill thoroughly and serve with small boiled potatoes.

16. Herring Salad

(6 servings)

1 salted herring
2 mellow apples, peeled
4 cold cooked potatoes
5 cold cooked beets
1½ tablespoons minced onion
4 tablespoons weak vinegar
2 tablespoons sugar
¼ teaspoon white pepper
⅝ cup thick cream
Garnish: 1 hard cooked egg

Trim out fillets of herring and soak in cold water for 14-15 hours. Free from skin and bone and cut into very small cubes. Cut potatoes and beets into somewhat larger cubes. Dice apples so finely that pieces will not be evident in the finished salad. Toss the ingredients together with forks at the same time adding seasonings and vinegar. Whip the cream until barely stiffened and fold carefully into the salad. Arrange at once in a salad bowl in pyramid or other shape and garnish with alternate rows of chopped egg white and egg yolk.

No other dressing is needed with this salad. It should be served soon after combining.

17. Herring—Russian Style

(6 servings)

2 salted fat herring
Salad: 2 cold cooked beets
1 head lettuce
3 cold cooked potatoes
1 large sour gherkin
Sauce: 6 tablespoons oil
2½-3 tablespoons wine vinegar
½ teaspoon salt, white pepper
Garnish: 1 red onion, thinly sliced

Clean herring and soak in cold water 15-18 hours. Trim out the fillets, free from skin and bone, lay in boiling water for three to four minutes and wipe dry. Cut beets, potatoes, inner part of lettuce head and ⅔ of the gherkin into very fine strips. Combine oil and seasonings and add carefully to the vegetables. Arrange fillets diagonally across a platter

and surround with a border of the salad. On the center of each fillet place two slices of onion and a few very thin strips of gherkin as a garnish.

18. Herring in Hot Butter Dressing

(6 servings)

2 salted fat herring
1 tablespoon chopped dill
½ tablespoon chopped chives
1 tablespoon chopped parsley
4 hard cooked eggs
½-⅔ cup butter

Clean herring and soak in cold water over night. Trim out fillets, free from skin and bone, wipe dry and cut into strips then into pieces crosswise. Lay pieces in a shallow pan, cover with boiling water for about two minutes, pour off water, cover again with fresh water, let stand two minutes and pour off again. Arrange fish on a shallow serving dish, spread with a layer of the mixed seasonings and garnish with stripes of egg white and egg yolk, chopped separately. Just before serving pour over the top clarified melted butter. Serve together with small boiled potatoes.

19. Herring and Eggs in Cream

(6 servings)

2 salted fat herring
3 hard cooked eggs, diced
1 large yellow onion, minced
2 tablespoons butter
¾ cup cream
1 tablespoon minced parsley

Clean herring and soak in cold water over night. Trim out fillets, free from skin and bone, wipe dry and cut into cubes. Cook onion in butter until well done but not browned, add herring cubes, cook a few seconds then add egg and cream and heat well. Turn into a serving dish and garnish with parsley. Serve with either baked or boiled potatoes.

20. Herring au Gratin

(6 servings)

2 salted fat herring
6-8 medium cooked potatoes, diced
white pepper
1½ large yellow onions
4-5 tablespoons butter
sifted dry crumbs

Clean herring, trim out the fillets and soak in cold water for 12-15

hours. Free from skin and bone and cut into ½ inch pieces crosswise. Cook onions in water until tender and then slice. Butter a casserole, dredge with crumbs and fill with alternate layers of potatoes, herring and onion with last layer of potatoes. Add a dash of pepper to each layer and sprinkle top with crumbs. Dot with butter and bake in a moderately hot oven until heated through and browned.

Raw potatoes may be used in this recipe but should in that case be sliced very thin and the dish baked until potatoes are tender.

21. Stuffed Herring Rolls

(6 servings)

2 salted fat herring
Stuffing: **4 large anchovies**
4 sprigs parsley, 4 sprigs dill
1-2 tablespoons minced onion
1-2 tablespoons butter
1 tablespoon rusk crumbs
7-12 tablespoons thin or thick cream

Clean herring, trim out fillets and soak over night in cold water or skim milk. Wipe dry and free from skin and bones. Clean anchovies and cut out fillets. Over the herring fillets lay anchovy fillets, parsley, dill and onion then roll and place close together in a low, well buttered casserole. Sprinkle top with crumbs, dot with butter and bake in a moderate oven about 30 minutes. When half done pour on the cream. Serve in the casserole together with boiled potatoes.

22. Grilled Herring

(6 servings)

2 large salted fat herring
1 tablespoon oil, or butter

Clean herring, remove tail and fins and soak in cold water 8-10 hours. Wipe dry, brush with oil or melted butter unless fish is very fat, then broil on both sides. This dish together with boiled potatoes is an appropriate breakfast course.

23. Oven Fried Herring

(6 servings)

2-3 salted fat herring
1 large yellow onion
1 tablespoon butter
¾ cup cream
2 tablespoons sifted crumbs

Clean herring, trim out fillets and soak in cold water 12-16 hours.

Preparation of Herring for Frying in Paper.

Wipe dry and free from skin and bone. Peel onion, cook in water until tender and cut into slices. Lay onion in bottom of a well buttered baking dish, over this place the fish, sprinkle with crumbs, dot with butter and add cream. The cream must not cover the herring. Bake in a moderately hot oven and when done serve with small boiled potatoes.

24. Herring Fried in Paper

(6 servings)

3 salted herring
1-2 tablespoons butter

***Frying:* 2 tablespoons fat**
six sheets plain glazed white paper

Clean herring, trim out the fillets, wash well and soak in cold water 16-18 hours. Free from skin and bone and wipe dry. Brush center of each paper lengthwise with butter and place two small fillets one on top of the other on each sheet of paper. If desired sprinkle with a little lemon juice and minced parsley. Fold the two long edges of the paper together in narrow creases three or four times, flatten down and fold in ends the same way. Press edges firmly so that steam which forms in-

side while frying will not escape. Place on a well greased griddle or frying pan and fry until fish is well heated through, about 10-12 minutes. Serve fish in the paper together with small boiled potatoes. This dish is especially appropriate for breakfast.

25. Fresh Herring en Casserole

(6 servings)

2¼ lbs. fresh herring
1 tablespoon salt
1 teaspoon minced parsley
1 teaspoon minced tarragon or chives, 1 clove
few dashes white pepper
few pinches English mustard
9 tablespoons red wine, or
3 tablespoons vinegar and 6 tablespoons water
2 tablespoons butter
2 tablespoons rusk crumbs

Clean and wash fish, wipe dry and cut three diagonal slits on each side. Lay fish in a well buttered baking dish, sprinkle with seasonings, add wine or diluted vinegar, dot with butter and set in a hot oven. After five minutes sprinkle with rusk crumbs and bake another 10 minutes. Serve hot with boiled potatoes.

26. Fresh Herring and Anchovies en Casserole

(6 servings)

20 small fresh herring
5 anchovies
1 teaspoon salt
2-3 tablespoons butter
sifted light dry crumbs
few teaspoons anchovy sauce

Clean, wash and remove backbones from fish, then set to drain well. Clean anchovies, trim out fillets and cut in two lengthwise. Grease a small casserole generously and dredge with crumbs. Rub salt into fish and lay a piece of the anchovy in each, then place close together with backs up in the casserole. Sprinkle with crumbs, dot with butter and if desired add a little anchovy sauce. Bake in a moderate oven 25-30 minutes or until a golden brown. Serve as an appetizer or entrée.

VARIATION: Place a little, very thinly sliced onion on top of the fish before sprinkling with crumbs. In place of the anchovy fillets the fish may be rolled in anchovy sauce, then shaped into rolls, placed in the casserole and a little more of the sauce added. The anchovy flavor is milder when fish is prepared in this manner.

27. Fresh Herring and Tomatoes en Casserole

(6 servings)

1½ lbs. small fresh herring
2 teaspoons salt
3 tablespoons butter
1 small yellow onion, chopped
3 tomatoes
¼ teaspoon pepper
½ teaspoon salt
1 teaspoon sugar
2 tablespoons minced parsley
1 tablespoon rusk crumbs

Clean and wash fish, remove backbones, drain well and rub with salt. Lay fish in a well buttered casserole, sprinkle with onion, add slices of tomato laid in rows and the remaining seasonings, the parsley and crumbs. Dot with butter and set in a moderately hot oven for 25-30 minutes.

28. Breaded Herring Fried

(6 servings)

2¼ lbs. small fresh herring
1 tablespoon salt
Crumbing: egg, or milk
sifted crumbs, or coarse rye flour
Frying: 5-6 tablespoons oil, or
2-3 tablespoons drippings, or
butter
Garnish: sprigs of dill

Clean and wash fish, wipe dry and remove backbones if so desired. Rub salt into flesh and if backbone is left in make small gashes diagonally across the fish, dip in egg diluted with water or in milk and then roll in crumbs, or flour, or crumbs and flour mixed together. Fry in oil or fat until tender and browned. Garnish with dill and serve with creamed, mashed or fried potatoes.

VARIATION: When the fish has fried until brown, add about 1⅓ cups cream and 2 or 3 tomatoes cut into small pieces and allow to simmer until tomatoes have given sauce an attractive color. Season more if needed and serve with boiled or fried potatoes. Left-over fish may be reheated in cream and tomatoes and served in the same way.

29. Fresh Herring in Vinegar

(6 servings)

18 small fresh herring, fried
2 bay leaves, 20 allspice
½ yellow onion
⅝ cup weak vinegar
⅝ cup water
2½ tablespoons sugar

Arrange warm fish together with seasonings in layers in a glass jar

or stone crock. Cook a pickle of vinegar, onion, water and sugar, chill and pour over the fish. The fish may be served in a couple of hours but tastes better if allowed to stand until the following day.

30. Fried Herring—Flounder Style

(6 servings)

36 small fresh herring
2 tablespoons salt
Stuffing: dill, parsley, chives
3 tablespoons butter
Crumbing: 2 eggs, water
fine rusk crumbs, rye flour
Frying: 4-5 tablespoons drippings, or oil

Clean, wash and bone the fish, rub with salt and allow to stand one hour. Chop dill, parsley and chives very fine and mix with butter. Lay half of the fish flesh side up, spread with seasonings, brush edges with egg and lay other half of fish flesh side down upon the first fish. Press edges together, dip in egg diluted with 2 tablespoons water, then in crumbs mixed with rye flour and fry in deep fat. Serve with creamed or mashed potatoes.

31. Fresh Herring in Aspic

(6 servings)

20 small fresh herring
1 teaspoon salt
Pickle: ¾ cup vinegar
¾ cup water, 3 teaspoons sugar
12 peppercorns
½ bay leaf, dill
Aspic: 1⅝ cups fish stock
¾ tablespoon gelatin
1 egg white
2 teaspoons vinegar

Clean, wash and bone fish, rub with salt and roll each one (head toward tail). A piece of shrimp and a bit of dill may be laid inside of each roll. Set the rolls in a pan just large enough to hold them. Mix ingredients for pickle and pour over the fish, then set to simmer for about 10-12 minutes. With a perforated ladle remove rolls and place on a serving dish. Strain the fish stock in the pan, measure and if not enough for aspic add more of the pickle. Stir in dissolved gelatin and beat in white and clear after directions in recipe No. 374. Pour over fish, garnish with dill and set in cold place to stiffen.

Variation: When cooking the fish use only half as much pickle and seasonings. Chill rolls and lay on serving dish, cover with a layer of cooked shrimps soaked in milk for several hours and pour on a green

sauce (recipe No. 302). Garnish with sections of tomato and serve.

Instead of rolling fish, lay them two and two with the flesh sides together, place in a low casserole or frying pan and cover with pickle. Over the top fasten a wax or buttered paper and cook very slowly for 8-10 minutes. Remove from the pan and drain. If more fish are to be cooked in the same pan, pour out liquor and chill with cold water, then pour over the fish in the pan. When the fish are cold cover with the aspic and set in cold place to stiffen. Arrange on serving dish, garnish with slices or sections of tomato and serve with mayonnaise or green sauce (recipe No. 302).

32. Fresh Herring in Fish Sauce

(6 servings)

2¼ lbs. large fat fresh herring
1 tablespoon salt
10 peppercorns, ½ bay leaf
1 teaspoon vinegar
1⅝ cups water (approximately)

Sauce: **1 tablespoon butter**
1 tablespoon flour
1⅓ cups fish stock
1 egg yolk, beaten
1 tablespoon minced dill

Clean, wash and dry fish. Lay them in a deep frying pan, add salt, seasonings, water and vinegar and cook over a slow fire for 8-10 minutes. Melt butter for sauce, add flour to form a paste, then gradually add stock and water if necessary to give a thin consistency. Continue to cook sauce 8-10 minutes, season to taste, pour into yolk and reheat and lastly add the dill. Place fish in a serving dish and pour the sauce over them. Serve together with boiled potatoes.

33. False Sardines

30 small fat fresh herring
9 tablespoons oil
3 tablespoons wine vinegar
1 tablespoon sugar
3 teaspoons salt
¼ teaspoon four spices (see glossary), ½ teaspoon white pepper
3-4 tablespoons tomato catchup

Clean, wash and dry fish, then lay them close together in an omelet or frying pan. Prepare a marinade of the oil, vinegar and seasonings and pour over the fish. Cook very slowly for 40-50 minutes, then cover and set in cold place for a couple of days before serving. Serve as an appetizer.

The flavor is improved if the fish are soaked in milk, sweet or sour, a day before cooking.

34. Smoked Herring au Gratin

(6 servings)

12 small kippered herring
salt, white pepper
¾ cup thick cream
sifted dry crumbs, butter

Clean fish and carefully trim out the fillets. Lay these beside each other in a well greased omelet pan, add seasonings and enough cream to almost cover the fish. Sprinkle crumbs over the top and set in a hot oven for about 10-12 minutes or until golden brown in color.

35. Kippered Herring in Marinade

(6 servings)

12 choice kippered herring
***Marinade:* 4 tablespoons oil**
1½ tablespoons vinegar
salt, white pepper, sugar
dill, or chives finely chopped (chervil or tarragon)
***Garnish:* 2-3 firm tomatoes, or 1 small head lettuce**

Clean fish and trim out fillets, free from skin and bone and arrange in a row (slightly overlapping) on oval serving dish. Combine ingredients for marinade and pour over the fish, set in cool place for one or two hours. Sprinkle with chopped greens, surround with border of tomato slices or lettuce leaves left whole or cut into shreds.

36. Kippered Herring with Egg

(6 servings)

8 kippered herring
3 hard cooked eggs
salt, white pepper
2-3 tablespoons oil
1 teaspoon wine vinegar
1 head lettuce

Clean fish thoroughly and chop while adding gradually a mixture of oil, vinegar, salt and pepper. Separate yolks and whites of two eggs and chop each. Lay fish and egg in alternate rows diagonally across a small serving platter. Garnish with a border of halves of egg slices and lettuce leaves dipped in French dressing.

37. Kippered Herring Salad

(6 servings)

4 kippered herring
***Dressing:* 3 tablespoons oil**

1 large apple, diced
2 small cooked potatoes, diced
2 cooked beets, diced
1½ teaspoons minced yellow onion
3 tablespoons wine vinegar
1½ teaspoon sugar
pinch salt, pepper
¼ teaspoon French mustard

Clean fish thoroughly and cut them into small pieces, combine with beets, potatoes, apples and onion, add well blended oil dressing and toss with two forks to coat ingredients with dressing. Set aside in a cool place to marinate about two hours, in meantime tossing ingredients once or twice again. Serve in a glass salad bowl.

38. Anchovies Sauté

(6 servings)

8 anchovies
2 cold hard cooked eggs
cayenne pepper
1 small red onion, or
½ large yellow onion, minced
minced parsley

Separate whites and yolks of eggs and chop. Clean anchovies and cut into small pieces. Combine all ingredients, reserving part of the parsley to use as a garnish. Just before serving, turn mixture into a little hot butter, heat up a few seconds, turn into a serving dish and sprinkle with parsley.

39. Scalloped Anchovies

(6 servings)

12 anchovies
2 tablespoons butter
1 tablespoon brandy
sifted dry crumbs
2 hard cooked eggs
1-3 tablespoons butter, melted

Butter well a shallow casserole or baking dish and dredge with crumbs. Clean anchovies and remove backbones without breaking the flesh, lay together again to resemble the whole anchovies and roll each one in sifted crumbs. Lay fish parallel to each other in baking dish, sprinkle with brandy, dot with butter and set in a hot oven for 5-6 minutes. Remove from oven, sprinkle top with coarsely chopped egg and crumbs, then with melted butter, set in oven again for 5 minutes to brown and serve.

40. Fried Anchovies

(6 servings)

Clean 12-14 anchovies, removing heads and backbones, brush with

beaten egg (diluted with cold water), roll in very fine sifted white crumbs and allow to stand until ready to fry. Just before serving lay fish in a frying basket and immerse in fairly hot fat (about 375° F.) until golden brown. Drain on paper and serve on a small napkin or doily with a garnish of fried parsley (recipe No. 479). Serve as an appetizer.

41. Scalloped Anchovies and Eggs

(6 servings)

6-7 potatoes, boiled with peel
1 large yellow onion, chopped
2-3 tablespoons butter
3 cold hard cooked eggs
9 anchovies
2 tablespoons tomato catchup
sifted bread crumbs
2 tablespoons butter

Pare and slice potatoes. Cook onion in butter without browning. Dice eggs, clean anchovies and cut into small pieces, then add egg and anchovies to onion and heat. In the bottom of a well greased casserole or baking dish arrange a layer of potato slices, over this add anchovy mixture and lastly the remaining potatoes. Dilute catchup with a couple of tablespoons of water or stock and add, sprinkle with crumbs, dot with butter and set in a hot oven to heat through and brown. Serve as a supper or luncheon dish.

42. Anchovies à la Irma

(6 servings)

6 cold cooked potatoes
½-1 yellow onion
1 tablespoon butter
6 large anchovies, pepper
2 teaspoons anchovy sauce
¾ cup medium thick cream

Peel and cut potatoes into small strips. Clean fish, trim out fillets and cut into pieces. In bottom of well buttered casserole or baking dish arrange a layer of potatoes, next a layer of anchovies, then alternate layers with potatoes on top. Between layers add a dash of pepper and a little anchovy sauce. Pour on cream until level with the top layer and bake in a moderate oven about one hour. When done serve hot in the casserole.

43. False Caviar—*Solöga*

Clean four anchovies, trim out fillets and free from skin and bone,

then chop fine. On a small round serving dish arrange an outer row of the anchovies, inside of this add a row of very finely minced onion (1 large slice) and in the middle break a whole raw egg. Serve as an appetizer. Whoever takes of the dish first stirs the ingredients together until well blended.

44. Fish Scalloped with Macaroni

(6 servings)

1¼ cups macaroni, cooked in salted water
1¾ lbs. pike or bass
soup vegetables
1 slice yellow onion
3 tablespoons white wine

Sauce: **2 tablespoons butter**
3 tablespoons flour
fish stock, cream, (1 yolk)
salt, paprika, or four spices
grated cheese, sifted crumbs
2 tablespoons butter

Clean and wash fish, cook with vegetables in salted water until tender, free from skin and bone and cut into small pieces. To make sauce melt butter, add flour and gradually stir in fish stock (from cooking fish) and cream, then cook until of desired consistency. Sauce is improved by pouring it over a beaten yolk. Season to taste.

In a well greased casserole or baking dish arrange layers of macaroni, cheese, fish and white sauce, with macaroni on top. Sprinkle generously with crumbs, dot with butter and grated cheese and set in a hot oven to heat through and brown. Serve hot in the baking dish.

45. Fried Fish Fillets

(6 servings)

3½ lbs. pike, pickerel, or bass
1 tablespoon salt, milk and flour
¼ teaspoon white pepper
1 egg and sifted crumbs
4 tablespoons butter, or other fat
1 tablespoon minced parsley

Clean fish, trim out fillets, free from skin and bones and cut into pieces suitable for serving. Rub with salt and pepper and allow to stand for several minutes. Brush with milk and roll in flour, shaking each piece so as to leave only a thin coating. If preferred, dip fish instead in beaten egg diluted with 1 tablespoon water and roll in crumbs. Allow the egg to set and sauté in butter or other good fat, or fry in deep fat (about 375° F.) until a golden brown. Arrange attractively on serving platter and garnish with parsley. Just before serving pour over the fish and parsley melted butter slightly browned.

Serve together with creamed spinach or other green vegetable and browned potatoes.

Fried Mackerel: Prepare mackerel after the same directions as for pike. Roll in egg and crumbs, allow to stand until egg is set, then sauté until light brown. When done remove fish from pan, rinse with a couple of tablespoons of hot water and pour over the fish. Garnish with finely minced dill and serve with riced potatoes.

Fried Whiting: Prepare fillets after same directions as for pike. If fillets are large cut them in two. Serve as a luncheon dish with sautéd potatoes and "lingon" berries.

46. Scalloped Lobster and Spaghetti

(6 servings)

meat of 1 cooked lobster, or
1 small can lobster
1 cup spaghetti, cooked in salted water
Sauce: lobster butter
3 tablespoons flour
rich milk, lobster stock
salt, paprika
sifted crumbs, (grated cheese)
2 tablespoons butter

Prepare lobster butter from shell and 3 tablespoons butter as directed in recipe No. 270. Cut cooked lobster meat into uniform pieces and cold cooked spaghetti into ¾ inch lengths. Prepare a fairly thick white sauce of the lobster butter, flour, milk and lobster stock which should first be reduced by cooking over a slow fire. Cook sauce about 10 minutes and season carefully. In a well greased casserole or baking dish arrange a layer of spaghetti, then the lobster meat and remaining spaghetti. Over the top pour the sauce, sprinkle with fine crumbs, cheese if desired, and melted butter and set in a moderately hot oven to brown. Serve hot as a luncheon or dinner dish.

47. Fish and Artichokes au Gratin

(10-12 servings)

1¾-2 cups cooked fish
½ qt. Jerusalem artichokes, sliced and cooked
2 hard cooked eggs, chopped
Sauce: 1½ tablespoons butter
4 tablespoons flour
⅜ cup artichoke liquor
1¾-2 cups rich milk
salt, paprika
5 tablespoons grated cheese
sifted crumbs
1-2 tablespoons butter

Free fish from skin and bone and cut into small pieces. To make sauce melt butter, add flour, then gradually stock and milk. Cook several minutes and season well. Carefully add to the sauce the fish, egg and artichoke, season more if needed and pour into well buttered scallop shells. Sprinkle with crumbs and cheese, dot with butter, set on a tray and bake in a moderate oven 8-10 minutes or until golden brown. Serve hot as an entrée or luncheon dish.

48. Fish and Lobster Timbales

(12 servings)

¾ lb. scraped raw fish (pike, or similar fish)
salt, white pepper
2 teaspoons potato flour
2 egg whites
1¼ cups thick cream
1 large lobster cooked, or
1 large can lobster

***Sauce I:* 2 tablespoons butter**
3 tablespoons flour
fish stock, cream, salt, paprika
(1 small can truffles)
***Sauce II:* 4 tablespoons flour**
lobster butter
fish and lobster stock
cream, salt, paprika

Clean fish but do not scale, wash and trim out fillets. Scrape meat from the skin, free from bone and combine with beaten whites, salt and pepper to taste, then pound in mortar with wooden masher until smooth. Force through a sieve and while beating vigorously add a little at a time the cream first mixed to a paste with the flour.

Remove meat from cooked lobster and prepare lobster butter as directed in recipe No. 270. Prepare a white sauce of butter, flour, fish and lobster stock (from lobster butter) and cream, add lobster meat cut into small pieces, season well and chill.

Grease small timbale molds well with cold butter and garnish bottom of each with fancy cut pieces of truffle (trimmings and stock from truffles may be added to other stock). Carefully line the molds with the fish farce, fill centers with the creamed lobster, shake molds gently against edge of table so that contents settle, add rest of fish farce and set in shallow water bath. Cover tops with wax or paraffin paper and cook gently for about 15 minutes. When firm remove molds from water bath.

To make sauce to serve with timbales, melt lobster butter, add flour to form a paste, then gradually add stock and cream, stirring until

smooth. Cook from 10-12 minutes, season and if too pale add a little lobster coloring. The coral of the lobster may be forced through a sieve and added. Pour some of the sauce on an oval or round serving platter, unmold timbales bottom side up in the sauce and serve at once. Remainder of sauce may be served separately.

49. Fish Soufflé

(6 servings)

1¼-1¾ lbs. cod, pike or haddock or similar fish
3 tablespoons butter, ½ cup flour
1⅜ cups milk, salt, dash of nutmeg four spices (see glossary)
3 eggs, separated

Clean fish and trim out fillets, scrape meat from skin, following the grain of the meat. If meat is very coarse chop or grind it. Prepare a thick white sauce of the fat, flour and milk and cook a few minutes. Remove from fire, add fish, seasonings and yolks one at a time while beating well. When chilled fold in stiffly beaten whites and season more if needed. Pour into well greased and crumbed casserole, set in water bath and bake 40-45 minutes. When firm serve at once with melted, clarified butter.

Any left-over soufflé may be sliced and browned in butter before serving.

50. Cooked Fish Soufflé

(6 servings)

2 tablespoons butter
2½ tablespoons flour
1¼ cups rich milk
4 eggs, separated
1¼ cups cold cooked fish
salt, pepper, butter

Prepare after same directions as given for raw fish soufflé. Allow about 30 minutes for baking.

51. Fish and Rice with Curry Sauce

(6 servings)

Prepare a curry sauce after directions in recipe No. 294, using as liquid ¾ cup cream and enough fish stock to give right consistency. On center of a round serving platter arrange mound of hot steamed rice (3-3½ cups) and flaked fish (1¼-1¾ cups) in alternate layers with rice

for top layer. Pour over the mound the hot curry sauce and serve at once.

VARIATION: In place of sauce pour melted butter over mound of rice and fish, dredge with crumbs, and grated cheese if desired, and brown in the oven for about 10 minutes.

52. Fish Ragout à la Marseillaise

(6 servings)

1 leek, 1 yellow onion, minced
(chervil, tarragon)
1 tablespoon butter
3 tablespoons oil, or washed butter
¾-1¼ cups cooked fish
salt, white pepper, 2-3 tablespoons white wine
1 tablespoon brandy

Cook leek in butter a few minutes, add onion and continue to cook slowly until tender, add chervil and tarragon if desired and force through a sieve. Remove any skin or bone from the fish and heat pieces in hot oil or butter but do not brown, then add seasonings, wine, brandy and onion mixture. Turn fish into low baking dish or into individual ramekins and set in oven to heat through before serving.

53. Salted Salmon

(12 servings)

4½ lbs. fresh salmon
2 tablespoons coarse salt
1 teaspoon crushed peppercorns
2 tablespoons sugar
1 large pinch saltpeter
1 large spray dill

Select preferably middle part of a fine large salmon. Scrape, wipe with a damp cloth rather than wash, trim out fillets and free from all bone. Mix all ingredients except dill and rub into flesh side of fillets, spread with the dill and lay two pieces together with skin side out, but in reverse position so that the thin part of one lies over the thick part of the other. Lay plenty of dill both under and over the fish. Place fish between two boards and set a light weight on top, set in cool place until following day, then wash off the spices.

To serve cut the fish into slices at a slant, leaving off the skin. Arrange in rows on a serving plate and garnish with little fresh sprigs of dill. With the salmon serve a freshly blended French dressing of oil, vinegar, sugar, white pepper, salt and mustard. This dressing may be mixed at the table.

54. Jellied Mackerel

(6 servings)

3½ lbs. fresh mackerel
1½ tablespoons salt
1 sprig dill
3 tablespoons vinegar
2 slices yellow onion
6 peppercorns, 1 bay leaf
1 qt. water (scant)
Aspic: 1 qt. fish stock
2-3 teaspoons gelatin
2 egg whites

Clean fish, remove head, wash and cut into four or five pieces crosswise. If the flesh is not firm rub with salt and vinegar and allow to stand for one hour. Combine water and seasonings, heat and add pieces of fish one at a time. If necessary hold edges of fish down with a perforated spoon as they may have a tendency to curl. Skim and cover top with paraffin or buttered paper, creasing it down around the rim. Simmer gently for about 10 minutes, then test and if done, remove from stock and arrange attractively on a deep platter.

Using the fish stock as liquid, prepare jelly as directed in recipe No. 374, clear and pour over the fish. Set in cold place to stiffen and serve with cream and horseradish sauce (recipe No. 306).

55. Fish, Egg and Vegetable Aspic Mold

(6 servings)

1 lb. bass, salmon, or pike
1 slice yellow onion
5 peppercorns, ½ bay leaf
few sprigs dill, salt
Aspic: 1 qt. fish stock from cooked fish
2 tablespoons gelatin (scant)
2 egg whites
1 tablespoon vinegar
Garnish: 2 hard cooked eggs
⅜ cup cooked green peas
crayfish, or shrimps

Left-over fish and fish stock may be used for fish in aspic. The fish may be supplemented by use of cooked eggs, peas, crayfish and similar cooked foods. If the fish, however, is cooked especially for molding in aspic, add the seasonings given above to the water so that the fish may be well flavored. Cook the fish slowly and when done free from all skin and bone, then cut into small pieces. Strain the stock from the fish, season to taste, measure and clear according to directions in recipe No. 374.

Rinse mold or molds with cold water, add enough aspic to coat bottom and sides, shake and chill until set. Arrange an attractive garnish

in the bottom of the mold, add a little more aspic and chill again until set. If time permits add other ingredients layer by layer, chilling each time, but otherwise the molds may be filled at once, aspic poured on and then set to stiffen for several hours. To unmold loosen edges with a sharp knife, dip mold quickly in hot water and turn upside down on serving dish. Serve with a sharp sauce or mayonnaise.

INDIVIDUAL MOLDS: For small attractive molds use salmon or a similar fish and garnish bottom of forms with bits of dill, shrimp and hard cooked egg. 2-2¼ lbs. fish and the amount of aspic called for in preceding recipe will fill about 15 or 16 small molds. Serve with horseradish sauce.

56. Fish and Lobster in Aspic

(12 servings)

2½ lbs. salmon, bass or like fish
1½ qts. water
2 tablespoons salt
10 peppercorns, 1 bay leaf
1 slice yellow onion
meat of 1 large cooked lobster, diced
(3 hard cooked eggs)
***Aspic:* 1½ qts. fish stock**
2¾ tablespoons gelatin
2 egg whites
1 tablespoon brandy
***Garnish:* hard cooked egg**
dill, parsley

Cook fish and prepare aspic as directed in recipe No. 374. Garnish bottom of mold with slices of hard cooked egg and bits of dill. Serve with sauce à la Mats (recipe No. 305), sharp sauce, remoulade or tartare sauce.

VARIATION: Instead of lobster, 2 lbs. salmon, ½ lb. shrimps and meat from any kind of light fish may be used. This amount will make two medium sized molds.

57. Eggs in Madeira and Tomato Sauce

(6 servings)

Butter generously six small custard cups or ramekins and sprinkle bottom and sides with finely minced parsley. In each cup carefully break one raw egg, then set cups in a water bath in a deep frying or omelet pan, cover tops and cook about 8 minutes or until eggs are set.

Pour hot tomato and Madeira sauce (recipe No. 291) into a small platter, unmold eggs bottom side up in the sauce and serve at once.

58. Poached Eggs and Rice with Curry Sauce

(6 servings)

6 poached eggs
Curry sauce: **2 tablespoons butter**
2 slices yellow onion, minced
½-1 teaspoon curry powder
2 tablespoons flour
1¼ cups light meat stock, salt
1 tablespoon butter
(1 egg yolk)
Rice: **2 tablespoons butter**
2 tablespoons oil
⅝ cup rice, salt, cayenne
1⅞ cups light stock
four spices (see glossary)
2 tablespoons butter

To make sauce cook onion in butter, add flour mixed with curry powder and stir well, then gradually add stock and cook until sauce is smooth and thickened. Season to taste, strain and add dabs of butter. The sauce is improved by pouring it onto a beaten yolk and reheating for a minute or two. Cook the rice according to directions in recipe No. 480. When tender add melted butter browned slightly, set in oven and bake another 15 minutes.

Trim if necessary hot poached eggs and lay in a row on an oval platter. Pour around them the curry sauce and serve with rice as a separate dish, or mix the curry sauce with the rice and arrange as mound in center of platter with eggs around it.

59. Poached Eggs with Creamed Lobster

(6 servings)

½ qt. potatoes, salt
1 tablespoon butter, 1 egg
6 poached eggs
Sauce: **1½ tablespoons butter**
3 tablespoons flour
1¼-1¾ cups rich milk
1½ tablespoons lobster butter
1 cooked lobster, or 1 can lobster meat, salt, paprika
four spices (see glossary)

Prepare mashed potato as directed in recipe No. 440 and force through large fluted pastry tube to make border around a shallow serving dish, preferably a heat proof platter or shallow casserole. Brush potato border with beaten egg and just before combining with other foods set in oven to heat through and brown lightly.

Prepare a medium thick white sauce, add pieces of lobster meat and season to taste. When serving dish comes from the oven lay hot poached eggs in the center and pour around them the sauce, being careful not to disturb the potato border. Serve at once as a luncheon dish.

VARIATION: Shrimps (about ½ lb.) may be substituted for the lobster. If not absolutely fresh, soak in milk about 2 hours, dry and cut into two or three pieces, then add to white sauce. Sauce is improved by adding one or two balls of shrimp butter (recipe No. 270). Lastly add 2 teaspoons of minced dill. Instead of the potato border, halves of hard cooked eggs may be placed in the sauce, or overlapping egg slices arranged in rows radiating from a center garnish of a lobster head or several large shrimps. Dill or parsley may complete the garnish.

60. Mock Mushrooms

(6 servings)

6 eggs, cooked 7-8 minutes
3 small firm, uniform tomatoes
***Marinade:* 2 tablespoons oil**
2 tablespoons wine vinegar
1 teaspoon sugar, salt
1 lb. spinach, washed
2 tablespoons flour
2 tablespoons butter
1 cup stock, or rich milk
salt, (ham)

Clean and cut tomatoes in two crosswise, remove seeds and pulp and pour a little of the marinade in each half, then allow to stand from 1-2 hours. Prepare spinach according to directions in recipe No. 452, making the sauce rather thin and well salted. Pour marinade out of tomatoes and set them upside down to drain. Cut a thin slice from each end of the eggs, cut these slices into small cubes and insert over the outer surface of the tomatoes.

Pour spinach into a shallow serving dish, set eggs in the spinach and on top of each egg place a tomato half to resemble a hat. Serve at once as a luncheon or supper dish.

Small cubes of seared ham placed in dish before pouring in the spinach add to the flavor of the dish.

61. Eggs with Creamed Mushrooms

(6 servings)

Cut round shapes from six large slices of white bread and brown lightly in 1 tablespoon of butter. Poach six eggs in shallow water, trim edges, if necessary, with same cutter as used for bread and lay one egg on each piece of bread. Place in a circle on a round platter and in center pour creamed mushrooms (recipe No. 70).

EGGS WITH BEARNAISE SAUCE: Poach eggs in salted water to completely

cover, place on rounds of bread, arrange on platter and pour on Bernaise sauce (recipe No. 296). 1-2 tablespoons of tomato catchup may be added to the sauce. Garnish with whole mushrooms browned in butter, or with slices of truffle.

62. Eggs with Ham and Tomatoes

(6 servings)

Butter generously a large shallow baking dish and cover bottom with large thick slices of tomato. Sprinkle with salt and pepper and cover each with a slice of cooked ham lightly seared, then break an egg onto each slice of ham. Cover dish and bake in a moderate oven until white of egg has set. Serve at once as a luncheon dish.

63. Filled Eggs

Remove yolks from hard cooked eggs and fill whites with any of the following combinations:

Finely cut lobster or shrimp in mayonnaise

Paste of yolks, seasonings and smoked herring or anchovies moistened with cream

Paste of smoked salmon, kippered herring or other fish, such as used for canapés

Diced vegetables in mayonnaise

The pastes are more attractive if forced through a fluted pastry tube. A bit of minced parsley may be added both for flavor and as a garnish.

For an attractive way to serve the filled eggs, spread the bottom of the serving dish with chopped egg and capers, in this set the eggs at regular intervals and in between lay cooked halves of yolk which have been removed from the whites in one piece.

The eggs may also be served with small tomato halves to resemble hats as described in recipe No. 60 and arranged in a bed of green peas garnished with grated yolks.

64. Egg Salad with Salmon

(6 servings)

6 eggs, cooked 6 minutes

1-2 heads lettuce

***Dressing:* ⅜ cup thin cream**

½ teaspoon French mustard

2 egg yolks, salt, pepper

lemon juice or vinegar

few slices smoked salmon, diced

2 tomatoes

Wash and dry lettuce leaves, select six which most resemble small bowls and shred what remains. Whip cream until like a thick sauce, beat in yolks, seasonings and acid, then fold in shredded lettuce and salmon. A tomato cut into cubes may also be added. Set the lettuce leaves in a circle on a large salad plate, put a large spoonful of salad in each, set a cold egg in center and cover with a slice of tomato. Arrange rest of salad attractively in the middle of the plate.

VARIATION: Serve other salads containing fish, meat or vegetables in this same way. Mayonnaise or cooked dressing may be substituted for the cream dressing. Serve as a luncheon or supper dish.

EASTER SALAD: Spread oval platter with a vegetable salad such as peas or carrots, set the cold eggs in a row or rows in the salad, cover tops with ends cut from tomatoes. Insert bits of truffle in side of eggs to represent eyes, nose and mouth. Garnish with mayonnaise forced through a pastry tube.

65. French Omelet

(2-3 servings)

4 eggs, 2 tablespoons butter ‖ **(2-4 tablespoons water), salt**

Combine eggs, butter cut into small pieces, salt and water and beat with a fork for one to two minutes or until well blended. Melt remainder of butter in a well polished omelet pan and turn egg mixture into it. Shake pan to keep omelet from sticking to the pan while cooking over a quick fire. Stir rapidly at first with a fork so that mixture has a chance to heat through. When about half set prick with fork so the thin part on top runs to the bottom. A quick shake of the handle will loosen omelet from bottom and help roll it. When cooked turn onto a hot serving dish. The whole omelet should cook in about 2 minutes but must be watched carefully and manipulated quickly for good results.

The omelet may be served plain or with a creamed food such as suggested in recipe No. 66. If other ingredients, such as chopped mushrooms, diced ham, grated cheese or minced herbs are to be used in the omelet add them on top when the omelet is half done.

66. Swedish Omelet

(4-6 servings)

4 eggs ‖ **salt, pepper**

1¼ cups scalded milk or cream ‖ ***Frying:* 1 tablespoon butter**

Beat eggs and add cooled milk or cream and salt to taste. Heat a medium sized omelet pan (preferably not used for other cooking), wipe thoroughly with soft paper, cool off and grease well with butter. Pour in omelet mixture and bake in a fairly hot oven until egg has set, the omelet risen and browned (about 15-20 minutes), then remove from oven. Slide omelet onto a buttered tin and cut in two. Slide one-half onto serving dish, cover with whatever filling is desired, turn other half over it and serve at once.

Fillings for Plain French or Swedish Omelet:

Asparagus, heated in butter or creamed.
Spinach, heated with butter or creamed.
Mushrooms, creamed or browned in butter.
Lobster, shrimps or crayfish, creamed.
Tomato sauce, thick enough to spread.
Ham, cubed and seared in own fat, as filling or added to omelet.
Herbs (parsley, leek, chervil, chives), minced and added to omelet.

67. Scrambled Eggs

(4-6 servings)

6 eggs
2-3 tablespoons butter
½ teaspoon salt, pepper
2 tablespoons cream

Grease a heavy omelet or frying pan with half the butter. Beat eggs just long enough to mix whites and yolks, add seasonings and strain into pan. Add rest of butter in small dabs and set over very low fire or an asbestos mat. With a wooden spoon stir steadily but slowly from the bottom, being careful that egg does not cook so fast that it becomes lumpy. As soon as the egg has cooked to a creamy consistency, remove from fire, add cream and turn at once into a hot serving dish. If the dish must be kept warm set it over hot water until ready to serve.

For combinations with scrambled eggs refer to list in recipe No. 66.

68. Ham and Egg Pancake

(5-6 servings)

3 eggs
1⅔ cups milk, scalded
2½ tablespoons flour
1 tablespoon butter
½ teaspoon salt
6-7 oz. ham, cubed

Beat eggs with flour until free of lumps and add cooled milk. Brown ham in its own fat, add egg mixture and set over a slow fire. Pierce with a knife and when light brown on bottom side turn onto a greased tin and slide back into pan browned side up. When browned on other side turn onto serving dish and serve at once.

69. Egg Soufflé

(10-12 servings)

2 tablespoons butter
⅝ cup flour
2 cups milk, salt
5 eggs, separated

Prepare a smooth white sauce of butter, flour and milk, cook a few minutes, stir in yolks one by one and beat for 15-20 minutes. When cold fold in stiffly beaten whites, season to taste and turn into well buttered and crumbed plain ring mold, cover with heavy paraffin or buttered paper and tie down the edges. Set in a water bath and bake in a moderate oven 30-35 minutes. Test with a straw and when firm remove from oven and allow to stand 5 minutes before unmolding. Fill center with a suitable creamed mixture such as mushrooms, shrimp, lobster, other fish, asparagus or other delicate vegetable. Always serve a soufflé as soon as baked before it has time to shrink and lose its shape.

70. Creamed Foods

White sauce is the foundation for creamed foods. The usual method for preparing the sauce consists of melting the fat, adding the flour to form a paste and then gradually stirring in the liquid, cooking until smooth and thickened. Proportions depend upon the desired thickness, richness and the purpose for which the sauce is to be used. Seasonings also vary according to the way in which the sauce is to be combined with other foods.

Very fine creamed dishes may be prepared without flour by using cream in place of milk. Cook the ingredient such as mushrooms or onions in butter, then add gradually the cream and continue to cook gently until thickened. Stir occasionally and when done season to taste.

For dark sauces allow the flour and butter to brown, then add dark stock or bouillon gradually while stirring and cook until smooth and thickened.

Creamed Mushrooms: Reduce liquor from one can of mushrooms by slow cooking. Slice mushrooms lengthwise, cook in butter, add gradually 2-2⅜ cups cream mixed with the concentrated liquor and simmer gently for 1½-2 hours. For a less rich sauce dredge the mushrooms with 2 tablespoons flour before adding liquid and use less cream. Other types of mushrooms may be prepared in this same way. If dried mushrooms are used soak first in cold water until soft, then wash thoroughly, or if dried morels are used cook 20 minutes in water after soaking. Diced cooked sweetbreads are especially good as a supplement to the mushrooms. Serve as a filling for omelets, croustades, vol-au-vents or pastry shells.

Creamed Crabs and Sweetbreads: Prepare a medium thick white sauce of 2 tablespoons butter, 2 tablespoons flour and rich milk mixed with stock. Add the meat of one cooked crab and diced meat from ¼ lb. cooked sweetbreads. Season with salt, paprika and if desired a little white wine and French vinegar. Serve in scallop or crab shells.

71. Creamed Shellfish

(6 servings)

1 cooked lobster, or 1 can lobster
5 tablespoons lobster butter
3 tablespoons flour
⅝ cup lobster liquor
2-2⅛ cups thin cream, or rich milk,
four spices (see glossary), salt

After cooking lobster prepare lobster butter as directed in recipe No. 270. Cook a white sauce of the lobster butter, flour and liquids and simmer while stirring for 8-10 minutes, then add lobster cut into pieces and reheat for a minute before serving. Serve in omelettes, croustades, vol-au-vents or pastry shells. Where so desired the sauce can be made a little thicker.

Variation: Crayfish, crabs or shrimps may be creamed in this same way. Any of the creamed fish or fish combinations may be served in scallop shells or in case of crabs in the crab shells. Sprinkle the top with fine crumbs, dot with butter and set in oven to heat through and brown. Serve as an entrée or light luncheon dish.

72. Croquettes

Croquettes offer an excellent way of utilizing left-over meats, fish,

fowl, game, vegetables and such cereals as rice or macaroni. When there is not enough of one food two or three may be combined, or other foods added as a supplement, such as nuts, cold cooked eggs, anchovies, mushrooms, or ham. By starting with a foundation sauce a great many combinations are possible.

(6 servings)

Foundation White Sauce:
2 tablespoons butter
4 tablespoons flour
1⅜ cups milk, or part stock
1 teaspoon gelatin (scant)
salt, pepper, (1 yolk)
1-1½ cups chopped food
Crumbing: beaten egg, flour, sifted dry crumbs
Frying: fat or oil

Prepare white sauce as directed in recipe No. 70. When smooth and thickened add gelatin first dissolved in a little cold water, beaten yolk if to be used, seasonings and chopped food. If yolk is used the sauce should be heated through again after adding it. Spread mixture on large buttered plate or platter, cover with a wax paper and set in a cold place several hours.

Cut mixture into pieces of desired size and form into croquettes of any preferred shape, conical, round, egg shape, etc. Roll in flour to give a thin coating, then in beaten egg diluted with water (1 tablespoon) and lastly in fine crumbs. Set the croquettes in a cool place at least one hour before frying. Fry in deep fat or oil (375° F.) until a golden brown. If no frying basket is used lift the croquettes out with a perforated spoon or ladle and drain. Serve while still hot keeping them warm if necessary in the oven.

Egg and Ham Croquettes: (6 servings.) To 1½ cups of foundation sauce made with rich milk add 3 cold hard cooked eggs chopped fine, and 3½ oz. ham diced and browned in its own fat. To shape and fry follow general directions for croquettes.

Fish and Mushroom Croquettes: (6 servings.) To ¾ cup of foundation sauce made with cream add 4 yolks, one by one, heat through, season and add 1⅛ cups flaked cold cooked fish and chopped cooked mushrooms. To shape and fry follow general directions for croquettes.

Crab and Macaroni Croquettes: (6 servings.) To 1½ cups of foundation sauce made with rich milk and 1 yolk, add 3 cups cooked macaroni or spaghetti cut very fine and the meat of one cooked crab

cut into fine pieces. To shape and fry follow general directions for croquettes.

73. Egg Croquettes with Vegetables

(6 servings)

4 cold hard cooked eggs, diced
4 tablespoons chopped mushrooms
1 tablespoon butter
few slices ham, or salted tongue
White sauce: 1½ tablespoons butter, salt, pepper
3 tablespoons flour
1¼-1⅝ cups rich milk
Crumbing: 1-2 eggs
1 tablespoon oil
sifted dry crumbs, salt
Garnish: 3 firm tomatoes, sliced
1 small cauliflower, cooked
(whole mushrooms)

Prepare white sauce and add eggs, mush rooms and chopped meat. Spread out on greased pan or platter, brush with butter to keep from drying and set aside to stiffen, preferably over night. Cut uniform pieces of the mixture and form into egg shaped croquettes, dip in beaten egg mixed with oil, then roll in crumbs and allow to stand until egg has set.

When to be served lay in frying basket, fry in deep fat until golden brown and drain on absorbent paper. Slice tomatoes and season with a little French dressing, arrange on serving dish and on each slice lay a warm croquette. Between tomato slices add flowerets of cooked buttered cauliflower. Whole mushrooms cooked in butter may be added as a border.

74. Puff Pastry

1 lb. butter, washed
1 lb. pastry flour
about 1 cup thin cream, or water
(3 tablespoons brandy)

Unsalted butter is best if obtainable, but if salted butter is used wash first in cold water and pat in a cloth to remove any excess moisture. Reserve about ¼ of the butter and pat the rest into a flat square about ½ inch thick. To insure a porous and flaky crust the butter as well as the dough must be kept cool enough to retain their shape while handling and rolling.

Reserve enough flour for the board and into the remainder cut ¼ the butter with two knives or preferably a pastry mixer. Add part of the

cold liquid, mix and add remainder, then knead very lightly until well blended and firm (maximum 5 minutes). If brandy is used other liquid must be reduced accordingly. The brandy because of its alcohol content has a leavening effect. Roll the dough into a ball, cover and allow to stand at least 5 minutes in a cool place, but not on ice.

Roll dough on floured board into a square about ¼ inch thick, place pat of butter in the center, fold dough over from both sides, then fold again in thirds, one end under and one end over the butter. Pat gently into square shape if necessary and roll out to rectangular shape. Roll in one direction only during the whole process to keep flakiness even when the pastry is baked. If dough starts to get warm, chill again and handle carefully so butter does not break through the dough. Fold the rectangle into thirds, one end under and one end over. If making a large amount of pastry at one time fold dough in same manner as a napkin. Cover and chill 10-15 minutes. Roll out to rectangular shape again, fold, chill and repeat same process in all six to seven times. The last two times roll the dough just before it is to be cut into desired shapes for baking.

The final thickness of the dough depends upon the purpose for which it is to be used, pastry shells, tarts, vol-au-vents, rissoles, cheese straws or other fancy pastries. Trimmings from the dough should not be worked together again but may be piled up and cut into Napoleons or other French pastries and baked.

After cutting, brush dough very lightly with beaten yolk diluted with 2 tablespoons cold water. Avoid too much egg as it may interfere with edges rising thus giving a lopsided effect to the baked pastry. Pastry demands a hot oven (425°-500° F.) but the heat must be varied somewhat, depending upon the thickness and size of the dough. The average time will vary from 15-25 minutes. All puff pastry is best when first baked but may be reheated in the oven when to be served with a warm filling.

Vol-au-Vents and Pastry Shells: For vol-au-vents or pastry shells roll out dough the last time to a thickness of about ¾ inch. For a vol-au-vent lay a plate of desired size on the dough and cut around the edge with a pastry wheel or notched knife, brush with beaten yolk and water and about an inch in from the edge cut a circle with pastry wheel or knife being careful not to cut entirely through the dough. Mark

Pastry Shells, Baskets, Mushrooms and Straws.

the top with lines to form a diamond shaped pattern. A torte ring may be placed around the vol-au-vent to keep it from browning too much. Bake on an ungreased baking sheet or pan in a hot oven (450° F.) for about 30 minutes or until baked through and browned. If top begins to brown too rapidly cover with a wax paper. Watch carefully and if necessary reduce heat toward the last part of the baking.

When done remove torte ring if used and with a knife carefully lift out the center piece. Remove part of the center dough if space is needed for filling. Lay top upside down on the baking sheet and set in oven a few minutes to dry out. The vol-au-vent is then ready to fill and serve.

Individual pastry shells are made in the same manner as the vol-au-vent but are cut only about the size of a large tumbler.

75. Rich Pastry

Rich plain pastry may be made of the same ingredients as puff pastry but usually with less butter. Cut all the fat into the flour, add liquid and stir enough to blend well but no more. Cover or wrap in a cloth

and allow to stand in a cool place for a while before rolling. This type of dough is best suited to pies, tarts or whenever thin pastry dough is required. If the pastry is to be baked as a sweet dessert add for 2 cups flour, 6 bitter almonds shredded and 3 tablespoons sugar.

Tarts and Mushroom Shells: Roll rich pastry dough quite thin and cut into pieces suitable for lining small molds, such as muffin tins, shell, timbale or other forms. For deep tins with flat bottoms cut separate pieces for the sides and bottom, fit into molds, moisten edges with milk or egg white and pinch together. Sometimes it may be simpler to shape the dough over the outside of the tins. To prevent pastry losing its shape cover with another tin of the same kind. This may be removed when pastry is almost done to allow for browning. Before baking prick the dough with a fine fork in several places. Bake in a hot oven until crisp and light brown in color. If the tarts are to be reheated they can then be browned a little more if so desired.

To make mushroom caps cover the outside of small cake or muffin tins with dough. The dough must reach only a short distance down the sides. Make small strips of dough to resemble mushroom stems and bake at the same time as the caps. When to be served fill the caps and set the stems in the center of each. Illustration page 36.

76. Fish and Shrimps in Pastry Shells

(6 servings)

2 tablespoons butter
3 tablespoons flour, salt
¾ cup rich milk and fish stock
four spices (see glossary)
2 balls lobster butter
1 cup flaked cooked fish
6-7 oz. cooked shrimps, cut into pieces

Prepare a white sauce of the butter, flour and liquid, add lobster butter (recipe No. 270), fish and shrimps, then season and chill. Line deep plain individual molds with rich pastry dough and pour in the creamed fish. Cover the tops with strips of pastry in lattice pattern and bake in a fairly hot oven (400° F.) until crust is done, about 20-25 minutes. Remove from oven, allow to stand a few minutes, then unmold keeping them topside up. Serve hot as entrée or luncheon dish.

77. Swedish Timbale Shells

(About 15 timbales)

⅝ cup flour
¾ cup water (approximately)

dash of salt, sugar
1 egg
1 tablespoon melted butter
fat or oil for frying

Sift dry ingredients, beat egg and water together and add gradually to dry ingredients, beating until batter is perfectly smooth. Add butter and pour some of batter into a large cup. Place timbale iron in fat while heating. A small heavy, deep pan or kettle is the most economical and satisfactory for frying timbales. When fat is hot drain the timbale iron and dip into the dough to about three-fourths its depth. Immerse at once in the hot fat and cook until light golden brown, remove from fat and with a fork loosen the timbale so it drops off the iron. Drain on absorbent paper. Continue to dip iron in batter and in fat until dough has been used up, adding more to cup as needed. A little experience will determine if timbale batter is of right thickness, also when iron is just the right temperature.

If timbales are not served at once reheat in oven before filling with food, such as creamed mushrooms, buttered peas or similar combinations.

Salads

78. Potato Salad

(6 servings)

3 cups cold cooked potatoes, cut into fine strips
2-3 pickled beets, cut into strips
½ cucumber, or pickle, diced
1 apple, finely diced
1½ tablespoons capers

Dressing: 5 tablespoons oil
2-2½ tablespoons wine vinegar
1 tablespoon water
1½ tablespoons white wine
½ tablespoon sugar
¼ teaspoon salt, pepper

Combine ingredients for dressing and shake or stir until well blended. Arrange prepared vegetables and apples in layers, adding a few capers and a little dressing between the layers. Allow salad to stand in a cool place to marinate about two hours. In the meantime drain dressing off once or twice and pour over salad again. Serve with cold meat or fish.

Variation: Reduce amount of potato and instead add diced celery or cooked celeriac and 1 teaspoon grated horseradish. Omit the wine and water in the dressing and add instead 1 teaspoon prepared mustard.

Toss the ingredients carefully in the dressing and allow to stand in a cool place to marinate at least 30 minutes.

To make a simpler potato salad use potatoes as the main ingredient adding minced herbs, seasonings and dressing to taste. Suitable herbs and greens include chives, parsley, chervil, tarragon, gherkins, capers or finely shredded lettuce, watercress or endive.

Very thin slices of small cooked sausages may be added to the plain potato salad. In that case season dressing with either prepared mustard or grated horseradish as preferred.

79. Russian Salad

(6-8 servings)

mayonnaise
thick cream (about ¼ cup)
(3 cooked potatoes, diced)
2 apples, cut into thin strips
¾ cup peas, drained
2 stalks celery, finely sliced
2-3 tomatoes, cut into large cubes
1 small gherkin, diced

Add stiffly beaten cream to mayonnaise and carefully combine with other ingredients. Turn onto a bed of lettuce or other salad greens, garnish with sections of tomato and serve cold.

80. Fish Salad with Sharp Sauce

(6 servings)

1 cup cooked fish, diced
5-6 oz. cooked shrimps, diced
¾ cup small green peas, drained
(1 tablespoon minced chervil), or
(1 tablespoon minced tarragon)
sharp sauce
Garnish: 1 cooked beet
1 hard cooked egg

Prepare sharp sauce according to directions in recipe No. 304 using less sugar and omitting mustard. Toss the saald ingredients carefully with half of the dressing, turn onto a salad dish, arrange in pyramid shape, pour on remainder of the sauce and garnish with a border of sliced beets and quarter sections of egg.

VARIATION: A somewhat simpler fish salad may be prepared by adding 3 tomatoes cut into small slices to the cooked, diced fish and combining this with a sharp sauce or remoulade dressing (recipe No. 302) and 1 tablespoon of chopped capers. Garnish this salad with very small canapés toasted and spread with caviar.

81. Salmon Salad

(6 servings)

6 slices lightly salted salmon
⅜ cup cooked meat, diced
3-4 firm cooked potatoes
2-3 cooked beets
1 sour apple, finely diced
1 tablespoon capers
3 hard cooked eggs
Dressing: 3 tablespoons cream
3 tablespoons oil
1½ tablespoons wine vinegar
1 teaspoon sugar, pepper
½ teaspoon prepared mustard

Soak salmon several hours in milk, then wipe dry and cut into small cubes. Cut two potatoes and one beet into uniform slices and place in a casserole or mold which has first been rubbed with oil. Dice remainder of potatoes and beets and combine with other ingredients. Combine dressing and shake or stir well. Mix carefully with salad and fill the mold. Shake dish gently against the edge of the table so that contents settle together, turn upside down on salad plate and set to chill and marinate for a while before removing mold. Garnish and serve cold.

82. Italian Salad

(6 servings)

mayonnaise
2 apples, finely diced
2 cooked potatoes, cut into strips
1 small cooked carrot, cut into strips
1 small can peas, drained
2 tablespoons finely chopped pickle
cooked veal, ham or tongue, cut into fine strips

Combine all the cold ingredients with mayonnaise, toss carefully and serve. Chicken or other fowl may be substituted for the other meat. For a sharper taste if so desired add a little cayenne pepper and Worcestershire sauce.

83. Tongue Salad

(6 servings)

6 large slices cooked salted tongue, cut into fine strips
1½ cooked beets, cut into fine strips
1 apple, cut into fine strips
4 hard cooked eggs
sharp sauce without oil

Prepare a sharp sauce after directions in recipe No. 304, decreasing the amount of vinegar and adding a little beet juice for coloring. The

sauce should be stiff enough to hold its shape. Carefully add the prepared ingredients just before the salad is to be served. Arrange in mound shape on salad plate and garnish with small lettuce leaves.

84. Lettuce Salad with Oil Dressing

(6 servings)

Separate leaves, wash well, drain and wipe dry or shake in cloth bag to remove excess moisture. Cut away any thick veins on the leaves and cut large ones into smaller pieces. Mix 3 parts oil to 2 parts wine vinegar, add salt, pepper and sugar to taste and pour over the greens just before serving. Toss leaves with two forks so that they become well covered with the dressing.

Sliced or diced tomatoes and cucumbers may be added to the greens, but in that case use equal parts oil and vinegar for the dressing.

VARIATION: Prepare a sharp sauce after recipe No. 304, adding in place of cooked egg yolk, 3 tablespoons thin cream. Garnish with fine strips of the cooked egg white.

85. Cucumbers in Vinegar

(6 servings)

1 long white cucumber, or
2-3 smaller ones
***Pickle:* 1 cup weak vinegar**
2-3 tablespoons sugar
⅓ teaspoon white pepper
1-2 teaspoons chopped parsley

Peel and cut cucumber into thin slices. Combine dressing, add part of parsley and mix with cucumbers. Garnish with rest of parsley. Very thin skinned cucumbers need not be peeled.

86. Salad à la Carlton

(10 servings)

2 egg yolks
1 cup pineapple juice
1 cooked yolk
1 raw yolk
¼ teaspoon French mustard
3 tablespoons vinegar
¾ cup thick cream, beaten
1 small can sliced pineapple, cubed
1 mild apple, finely diced
5 firm tomatoes, cut into sections
1 stalk celery, cut into thin slices
1 piece cucumber, cut into fine strips
lettuce or greens, shredded

Beat yolks and pineapple juice together, set over fire and continue

to beat until thickened. Mash the cooked yolk and mustard together, add gradually raw yolk and vinegar, then cold juice mixture and lastly well beaten cream. Season to taste, adding a little sugar if desired.

Prepare ingredients for salad, dice cooked egg whites and combine with the dressing. Just before serving fold in shredded lettuce. Keep salad well chilled.

87. Beet Salad

(6 servings)

8-10 small beets, cooked
⅜ cup wine vinegar
⅝ cup oil
3 tablespoons water
1 teaspoon salt
1-2 tablespoons sugar
pinch mustard
dash white pepper

Chill cooked beets thoroughly, peel and slice. Combine ingredients for dressing and pour over the beets. Serve with such meats as jellied or pressed veal.

88. Stuffed Tomato Salad

(12 servings)

6 uniform firm tomatoes
1 banana, finely diced
2 sour apples, finely diced
1 stalk celery, thinly sliced
1 piece cucumber, finely diced
(watercress, shredded)
6 tablespoons French dressing with
1 tablespoon sugar

Cut tomatoes in two crosswise, remove seeds and pulp, add a little French dressing to each half and set to marinate in a cool place for 1 hour. Drain and mix other ingredients with the dressing, season to taste and fill the tomatoes. Garnish with watercress and set each half on a lettuce leaf. Arrange on a large salad plate or individual plates, or use as an accompaniment to a meat course hot or cold. Keep the salad well chilled until ready to serve.

Meat and Vegetable Entrées

89. Beef Tournedos

(6 servings)

1½-1¾ lbs. aged beef tenderloin
1½ teaspoons salt
pinch of pepper
2 tablespoons butter
2 tablespoons oil
rounds of white bread

Cut the fillet into slices about 1 inch thick, weighing about 3½ oz. each. Trim meat if necessary and wipe with a damp cloth. Skewer or tie fine string around each piece to keep it in shape and season. Heat butter and oil together in frying pan, add meat and pan fry over hot fire for 5 minutes, turn and broil another 5 minutes. The meat should have a pink tinge in the center. For rarer meat broil 4 minutes on each side.

Cut rounds of bread ⅜ inch thick and slightly larger than the tournedos and brown in hot butter. The top side of the bread may be brushed with a meat glaze to keep the meat juice from soaking the bread. Lay a slice of fillet on each round of bread and serve with any of the following sauces and accompaniments:

À LA BEARNAISE: Bearnaise sauce (recipe No. 296) in attractive design on the meat and browned or French fried potatoes.

À LA CHORON: Choron sauce (recipe No. 297) in attractive design on the meat and French fried potatoes.

WITH VEGETABLES: Pyramid of cooked vegetables in center of serving dish, peas, string beans, asparagus, etc.

À LA PAYSANNE: Instead of bread slices a bed of cooked vegetables heated in butter and attractively arranged on serving dish.

BEEF CHATEAUBRIAND: Very thick slices from the largest part of the tenderloin are used for fillet Chateaubriand. Pound slices lightly and then skewer into shape before pan or oven broiling. Serve with Bearnaise sauce or parsley butter.

90. Beef Fillet à la Stroganov

(6 servings)

¾ lb. tenderloin of beef
1 teaspoon salt, pepper
2 tablespoons butter
2 tablespoons tomato catchup
3 tablespoons Madeira or Sherry
rich stock

Trimmings and ends of tenderloin may be used for this dish. Cut meat into small cubes, sprinkle with salt and pepper and brown carefully in butter, add tomato catchup and wine, cover and simmer 10 minutes. Add bouillon as needed to keep sauce from getting too thick. Serve with string beans.

91. Rydberg's Stew

(6 servings)

1⅓ lbs. top round of beef
1 veal kidney, or
2 lamb kidneys
1 tablespoon salt, ½ teaspoon pepper, 2-3 tablespoons butter
1 large Portuguese onion, thinly sliced
6-7 large potatoes, sliced
about 1 qt. weak stock
1 bouquet of parsley and 1 bay leaf

Cut the beef into thin pieces and pound with meat hammer. Cut kidney into slices, season with salt and pepper and brown both meat and kidney slices carefully in fat. Arrange the ingredients in layers of a baking dish or casserole with bouquet in the center. Add bouillon, cover and cook gently for 1-1½ hours, or until meat is tender. If preferred this dish may be baked in oven. Before serving skim the top and sprinkle with minced parsley.

92. Thin Steaks with Onion

(6 servings)

1¾ lbs. tender beef
2 teaspoons salt
½ teaspoon white pepper
4 tablespoons butter
1 yellow onion, sliced
(⅜ cup stock)

Select meat from any tender cut such as top round or sirloin and cut into slices not over ½ inch thick. Pound these well with a meat hammer or tenderer. Cook onion in butter slowly until tender and then brown. Season the meat and fry quickly in a buttered frying pan about ½ minute on each side. Turn onto a hot platter and garnish with the browned onion. Rinse out the pan thoroughly with a little rich stock and pour boiling hot onto the meat platter. Serve with sautéd or fried potatoes. These steaks may also be served with creamed butter mixed with horseradish (3 tablespoons butter to ½ tablespoon grated horseradish).

93. Raw Beef with Egg

(2 cakes)

6 oz. boneless tender beef
2 small cooked potatoes, cubed
½ cooked beet, cubed
2 teaspoons capers
1 teaspoon chopped red onion
salt, pepper, 2 egg yolks

Scrape beef in the direction of the muscle to remove any connective tissue. Form meat into two round flat cakes and season lightly with salt

and pepper. With a fork mark the meat to give it the appearance of being chopped. Lay each cake on a small plate and around each arrange small piles of potato cubes, beet cubes, capers and onion. On the middle of each meat cake carefully slide an unbroken raw egg yolk.

94. Appetizer Meat Balls

(8-10 servings)

⅝ lb. fine ground beef
¼ lb. fine ground veal
¼ lb. fine ground pork
⅜ cup rolled dry crumbs
1 cup cream
1-2 egg yolks
2 tablespoons minced yellow onion
2-3 teaspoons salt, ⅓ teaspoon pepper, pinch ground allspice
3-4 tablespoons butter

Run the meat through the chopper or grinder five to six times. Soak crumbs in half of the cream and add to the meat and knead or stir while gradually adding the rest of the cream. Cook onion in 1 tablespoon butter without browning. Add seasonings, onion and yolk to meat farce and mix thoroughly. Form into small balls and fry slowly in butter, shaking the pan carefully so that the balls keep their shape and get browned on all sides. If to be served buffet style set serving dish over hot water. Rinse frying pan with a little water and pour over the balls. If carbonated water is substituted for part of the cream the balls will be more porous.

95. Panned Chopped Beef

(6 servings)

1¾ lbs. tender ground beef
¾ cup rolled dry crumbs
1⅝ cups milk, white pepper, salt
3 tablespoons butter
1 large onion, thinly sliced
weak stock, or water, (sugar)

Run the meat through the chopper or grinder three times. Soak crumbs in half the milk and combine with meat, add rest of milk gradually and season. Flour meat board or rinse with cold water. on it shape flat cakes of the meat and mark in crisscross lines with a chopping knife. In meantime fry onion in a part of the butter without browning, add a pinch of sugar, salt and 1 tablespoon water and when tender remove from pan. Fry beef cakes in remaining butter and when done lay on serving dish, arrange onions over them, rinse out pan with a little hot stock or water and pour around the meat. Serve with sautéd or boiled potatoes.

96. Beef à la Lindstrom

(6 servings)

1-1½ lb. boneless tender beef
4-5 egg yolks
6 tablespoons cream
1 tablespoon minced yellow onion
2 cooked potatoes, finely diced
4 tablespoons finely diced cooked beet
1 tablespoon capers, salt, pepper
2-3 tablespoons butter

Wipe the meat and scrape it in the direction of the muscle to remove any connective tissue. Pound in a mortar, gradually adding yolks and cream which have first been mixed together, stir vigorously and season. Add carefully potatoes, beet and chopped capers, then form into small cakes not over ½ inch in thickness, fry quickly in butter and serve at once with sautéd or French fried potatoes.

97. Meat Farce Sandwiches

(6 servings)

8 slices white bread
2 tablespoons butter
½ lb. finely scraped beef
2 small rusks
¾ cup cream, or rich milk
2 teaspoons capers
salt, pepper
1½ tablespoons chopped gherkins
2 tablespoons chopped beets
***Frying:* 2 tablespoons butter**

Add cream to crumbs and when well soaked pound in mortar together with scraped beef. Add capers, sour gherkin, beets and seasonings. Spread one side of bread slices generously with butter, brown and cover with a layer of meat farce. Turn meat side down and brown, then turn and brown other side of bread. Arrange in rows on serving plate and serve at once.

98. Celeriac with Meat Stuffing

(6 servings)

6 celery roots of uniform size
***Forcemeat:* 6 oz. scraped beef**
2 tablespoons rolled dry crumbs
about ¾ cup hot rich milk
salt, white pepper
***Frying:* 2 tablespoons butter**
1 teaspoon brown sugar
1⅛ cups rich milk

Peel and cook celery roots in salted water until almost tender. Cut a slice off the top of each and with a small spoon carefully remove pulp in

the center. Combine ingredients for meat farce and fill center, replace tops and tie them on with fine string package fashion.

Brown the celery roots on all sides in butter, sprinkle with sugar and occasionally add more milk if needed. The roots should be very tender when done. Lay in a serving dish and cover with the pan gravy. Serve as entrée or luncheon dish.

The pulp of the celeriac may either be added to the meat farce or used for some other dish.

99. Swedish Hash—*Pytt i Panna*

(6 servings)

4 tablespoons butter, or fat
2-3 red or yellow onions, chopped
2 cups left-over meat, diced
7-8 cold cooked potatoes, diced
white pepper, salt
(eggs, or beets)

Cook onion in fat without browning, add meat and potatoes and turn with a spatula while browning. The hash should be nicely browned but not dry. Season to taste and turn onto a serving dish. Garnish with poached eggs or chopped beets.

100. German Meat Cakes

(6 servings)

1½ cups ground cooked beef or veal
½ yellow onion, peel of ⅓ lemon
2 tablespoons minced parsley
6 tablespoons rusk crumbs
1⅓ cups rich milk, salt, pepper
2 tablespoons melted butter
***Frying:* 2-3 tablespoons fat**
***Gravy:* 1 tablespoon butter**
½ yellow onion, minced
1½ tablespoons flour, salt
meat juice, stock, cream, lemon

If preferred part raw meat may be combined with the cooked meat. Run the meat, onion and lemon rind through a grinder two or three times. Add crumbs first soaked in milk and knead well. Add parsley, butter and seasonings, shape into flat cakes, mark with a knife to give chopped appearance and fry in fat until browned.

To make the gravy brown onion in butter, add flour then gradually the liquid and cook until thickened while stirring continuously, about 10 minutes in all. Season with salt and lemon juice and strain onto the meat cakes first placed on a serving dish. Garnish with minced parsley.

101. Veal Cutlets, Chops and Steaks

Veal chops or cutlets may be pan fried in good fat or butter, with or without first breading. If breaded, crumbs will adhere better if meat after crumbling is allowed to stand a while for the egg to set. Chops, cutlets or steaks may be served in many different ways, a few of which are suggested here.

VEAL CHOPS WITH CREAMED ASPARAGUS: (6 servings.) Season and pan broil 6 chops. At the same time prepare a medium thick white sauce according to directions in recipe No. 68. Add to this asparagus from 1 small can and 6 or 7 oz. of cooked shrimps first soaked in milk for several hours. When chops are done arrange in a semi-circle on one side of an oval platter and pour the creamed mushrooms on the other half. For a richer sauce use part crayfish butter (recipe No. 270) in place of other butter.

VEAL CHOPS À LA VICTOR: (6 servings.) Season and pan broil 6 chops or steaks. Prepare creamed mushrooms (or morels) and sweetbreads according to directions in recipe No. 68 using 5 or 6 oz. of sweetbreads. Decrease liquid if necessary to give a sauce thick enough to hold its shape. Season well and spread over chops which have first been placed in a well greased shallow baking pan. Sprinkle with fine crumbs, grated cheese if desired and melted butter. Set in oven to brown and serve with fine string beans or small green peas.

VEAL CHOPS WITH HAM AND PEAS: (6 servings.) Fry 6 veal chops or steaks, remove from pan and pour juice over the meat. Brown lightly 6 slices of thin fat ham and lay one on each chop. On top of the ham add a spoonful of hot peas, garnish with parsley and serve. Extra peas may be added in the center of the serving platter.

WIENERSCHNITZEL: (6 servings.) Trim 1½ lbs. boneless veal cutlets cut ½ inch thick and pound lightly to flatten. Season, roll in beaten egg and fine crumbs and allow to stand for egg to set. Pan fry carefully in fat and arrange on serving platter. In the center of each cutlet lay a thin slice of lemon and a curl of anchovies filled with capers. Serve with sautéd or fried potatoes.

SCHNITZEL WITH TOMATO SAUCE: (6 servings.) Cut and prepare meat in same manner as for Wienerschnitzel, but without breading. Remove meat from pan, add 1 tablespoon minced onion (or shallot)

and chopped mushrooms, cook gently until browned, add 1 teaspoon meat extract, 2 tablespoons tomato catchup, ⅝ cup white wine and 1 tablespoon brandy and stir well. Sauce should be quite thick and highly seasoned. Add meat slices, heat through, remove to serving platter and pour sauce over them. Serve with sautéd potatoes.

102. Veal Fillet à la Oscar

(6 servings)

9 slices boneless veal loin
1½ teaspoons salt, pepper
Frying: 2-3 tablespoons butter
White sauce: 1 tablespoon butter
1½ tablespoons flour
¾ cup milk and asparagus liquor
1 small can asparagus
Sauce: 15 peppercorns
1 tablespoon butter
4½ tablespoons wine vinegar
2 tablespoons minced yellow onion, 2 egg yolks
5 tablespoons butter
1 small can lobster meat

Pound the meat lightly, season with salt and pepper and fry to a light brown on both sides, about 2-3 minutes for each. Have ready the white sauce to which the asparagus has been added, also the sauce made after directions for Bearnaise sauce recipe No. 296. Add meat juice left in pan to sauce while beating vigorously. Arrange meat on serving platter, on top of each slice lay a few pieces of asparagus and around these pour the sauce.

For a more economical sauce reduce ingredients one-half and add instead one-half of the thin white sauce. Serve with French fried potatoes.

103. Veal à la Stroganov

(6 servings)

1⅛ lbs. tender boneless veal
2 tablespoons butter
1 teaspoon salt, ¼ teaspoon pepper
⅔ cup thick cream
juice of ½ lemon
1 teaspoon minced chervil
1 teaspoon minced tarragon
⅜-¾ cup stock, or milk

Cut meat into thin slices and pound lightly. Brown butter slightly, add meat and brown on both sides. Season and add gradually the cream and lemon juice, then herbs, cover tightly and simmer for several minutes. Add liquid, cover and cook until meat is tender. Serve with French fried or browned potatoes, or with cooked vegetables.

104. Veal Stew with Peas

(6 servings)

2 lbs. veal shoulder
2 tablespoons butter
2 tablespoons flour
veal stock
¾ cup cream
1 tablespoon tomato catchup
½ tablespoon salt, pepper
1 sprig parsley, 1 bay leaf
Garnish: 12 shallots
2 tablespoons butter
1½ cups shelled peas
1 teaspoon minced parsley

Cut meat into fairly large cubes, brown lightly in butter or oil in a heavy saucepan, dredge with flour and continue to brown. Add stock or water and cream enough to cover meat, tomato catchup, a few drops of kitchen bouquet if desired and the rest of the seasonings. Brown onions in another pan and add to the meat, cover and cook slowly for about ½ hour. Add peas and cook another 40-50 minutes. If cooked peas are used add during last ten minutes of cooking. Skim, remove bouquet of herbs, garnish with parsley and serve. Meat may be baked in a casserole and served in same dish. The gravy should be rather thin.

105. Veal and Kidneys en Casserole

(6 servings)

1 lb. veal tenderloin
1 veal kidney
1 teaspoon salt, pepper
1⅛ cups cream, or mushroom liquor, 2 tablespoons butter
2 tablespoons Madeira, or Sherry
⅓ oz. dried mushrooms, cooked, or 1 small can mushrooms

Cut tenderloin into thin slices, pound lightly and season. Also cut kidney into slices and season. Brown the slices, a few at a time and place in casserole, baste with liquids and add mushrooms first diced and browned in butter. Cook until meat is tender and serve in the baking dish together with sautéd or fried potatoes.

106. Mock Cutlets

(6 servings)

1⅛ lbs. boneless veal
6 tablespoons fine dry crumbs
1⅛ cups rich milk
½ tablespoon salt, pepper
sifted crumbs, beaten egg
3 tablespoons butter, or fat
Anchovy butter: 2 tablespoons butter, 4 large or 7 small anchovies

Grind meat four times and prepare a farce after directions in recipe No. 96. Shape farce into cutlets, dip in beaten egg and crumbs and allow to stand a while for egg to set. Fry in fat until a golden brown, arrange on serving dish and pour over them the pan juice. On each cutlet lay a dab of anchovy butter or a slice of lemon with a curl of anchovy filled with capers.

Hunter's Dish: (6 servings.) Shape the meat farce into small cakes and brown in fat. Prepare a thin mushroom sauce according to directions in recipe No. 68, using either all cream or part flour for thickening. Pour sauce over the meat and simmer for 15-20 minutes. Add more mushroom liquor or milk if the sauce thickens too much. Serve with browned cubed potatoes or shoe-string potatoes.

Wiener Cutlets: (6 servings.) Instead of crumbs add 1 cup cold cooked potato with the meat the last time it is run through the grinder, then follow same directions as for the mock cutlets. Brush with egg diluted with a little cold milk, roll in crumbs and allow to stand for egg to set. Brown in fat, lay in a circle on serving platter and garnish. Serve together with tomato sauce and choice of vegetables.

Mock Pork Cutlets: (6 servings.) Prepare mock pork cutlets in same manner as the mock veal cutlets. One egg may be added to give more body to the meat mixture. Serve with creamed vegetables or Piquante sauce (recipe No. 281) and sautéd potatoes.

107. Mock Turtle

(6 servings)

6 slices cold veal, cut into strips
2 tablespoons butter, and
3 tablespoons flour, or
gravy and stock
2-3 tablespoons Sherry
salt, cayenne pepper
1-2 tablespoons tomato purée
3 hard cooked eggs

Remove bones from meat, crack into pieces, cover with water and simmer several hours. Warm and thin out left-over gravy with stock from bones. If no gravy is on hand brown the flour and butter and add gradually stock to make a gravy, cooking 10-12 minutes. To gravy add tomato purée, Sherry and seasonings, then strips of meat and heat through. Pour into a serving dish and garnish with a border of cold egg cut into quarters. Serve with browned potato balls.

108. Veal in Curry with Rice

(6 servings)

1 large yellow onion, chopped
2 apples, diced, 2 bananas, diced
2 tablespoons butter
1 tablespoon curry powder
½ teaspoon salt
4 tablespoons stock, or water
1⅛ cups diced cooked veal or other cold meat, steamed rice

Brown onion and fruit in fat, add curry powder, salt and liquid first mixed together then cook about 15 minutes. Add meat and heat through, turn into serving dish and surround with a border of hot steamed rice.

109. Pork Chops and Steaks

Pork chops or steaks may be pan fried or broiled. If fried they may be breaded or not as preferred. They must not be cooked too rapidly as pork needs to be thoroughly done. If a less tender cut such as shoulder steak is used it may first be pounded and then cooked somewhat longer than other cuts.

110. Pork Tenderloin in Sauce Piquante

(6 servings)

Cut 2 pork fillets into slices slantwise so that slices are as large as possible. Season and fry rather quickly in hot fat. Prepare a Piquante sauce according to directions in recipe No. 281, and add the meat to this, cook 2 or 3 minutes and serve with browned or French fried potatoes.

111. Braised Loin of Pork and Kidneys

(6 servings)

⅝ lb. boneless pork loin
6 lamb kidneys, or 1 large veal kidney
2 tablespoons butter, pepper
2 teaspoons salt, (Madeira)
2 cups rich milk (approximately)

Cut kidneys into slices slantwise and soak in milk a couple of hours. If lamb kidneys are used, wipe them dry and season. Cut loin into slices, pound lightly and season. Brown all the meat and add milk, about ½ cup at a time, cover and cook a couple of minutes, season to taste, stir and continue to cook adding milk as needed to give a medium thick sauce. When done, in about 20-25 minutes, a few chopped pickled onions may be added. Serve with fried potatoes.

112. Lamb Chops and Steaks

Lamb chops and steaks are usually pan fried, or oven broiled without crumbing. Cover tips of rib bones with small paper frills. On the top of each chop add a dab of mâitre d'hôtel butter or garnish each chop with Duchess potatoes put through a small pastry tube and set in oven to brown lightly.

113. Breaded Sheep's Head

(3-4 servings)

1 sheep's head
10 peppercorns, ¼ teaspoon pepper
2 slices yellow onion
1½ teaspoons salt
1 egg, 1 tablespoon cream
sifted dry crumbs
1 tablespoon melted butter
1 tablespoon minced parsley

Chop sheep's head in two lengthwise with a meat axe and soak in cold water over night. Cook head and tongue together with seasonings in water until tender. Remove from liquor and chill, then cut into pieces suitable for serving, season and brush with beaten egg, cream and butter mixed together then roll in fine crumbs. Allow to stand for egg to set, sprinkle with melted butter and bake in hot oven until golden brown. At the same time slice tongue, crumb and brown quickly in butter. Lay pieces of head on serving platter and to one side arrange tongue and garnish with parsley. Serve with sharp sauce (recipe No. 304) and sautéd potatoes.

114. Sautéd Kidneys

(6 servings)

2 veal kidneys, 1 tablespoon flour
2 tablespoons butter
1 teaspoon salt, ¼ teaspoon pepper
3 tablespoons Madeira, or Sherry
⅝ cup cream, meat stock, salt
mushroom liquor
1 small can mushrooms, or mixed mushrooms, sliced

Clean kidneys and parboil in slightly salted water for a minute or two, then drain and cut into cubes or small slices. Brown kidneys lightly in fat and add sliced mushrooms, dredge with flour and add seasonings. Stir well and gradually pour on the liquids, cover and simmer 12-15 minutes.

For a more economical dish substitute lamb kidneys for the veal.

115. Sweetbreads and Brains

Soak sweetbreads in salted water for 2-3 hours, then bring to a boil, drain and add freshly salted and slightly acidulated water and cook about 20 minutes. Cover with cold water to chill and remove any skin or tissue. The sweetbreads are then ready to use any way desired.

Breaded Sweetbreads: (6 servings.) Cut the cooked sweetbreads into thick slices, season, dip in egg diluted with cold water and roll in crumbs then allow to stand until the egg sets. Fry in oil or butter until golden brown, arrange on serving dish and pour on the pan juice. Serve with delicate peas or other like vegetables.

Breaded Brains: Cook brains after same directions as given for sweetbreads. Add to the water in which they are cooked a few peppercorns, a couple of slices of yellow onion and 2-3 tablespoons vinegar. A little lemon juice rubbed on the meat before breading adds to the flavor. Serve with sharp sauce (recipe No. 304).

116. Sweetbread Cutlets

(10-12 cutlets)

½ lb. cooked sweetbreads, diced
¼ lb. cooked ham, veal or chicken
1 small can mushrooms, chopped
***Sauce:* 2 tablespoons butter**
3 tablespoons flour
1⅛ cups strong mushroom liquor
mixed with rich milk
2 egg yolks, salt, paprika
***Crumbing:* flour**
1 egg, or 2 whites
sifted white crumbs
***Garnish:* 1 small can peas**

Brown mushrooms in fat, remove from pan and make a sauce of the fat, flour and liquid, cook about 10 minutes then add mushrooms and meat. Carefully beat in yolks, heat until thickened and season. Spread mixture on buttered plate and follow general directions for making croquettes (recipe No. 72). Mold into pear shapes and fry. At the small end insert a small paper frill fastened with a toothpick. Arrange in a circle on serving platter and fill spaces between with peas heated in butter and seasoned.

117. Calves Tongues Stewed in Vegetable Sauce

(6 servings)

2 calves tongues
1 yellow onion, chopped

2-3 tablespoons butter
2 tablespoons oil
Sauce: 2 small carrots, thinly sliced
10 mushrooms, chopped, or
1 small can mushrooms, chopped
6 tablespoons Madeira, or Sherry
1⅛ cups brown sauce
2-3 tomatoes
2 small gherkins, minced
1 teaspoon minced parsley

Soak tongues 1-2 hours in cold acidulated water, then cover with salted cold water and cook 10-12 minutes. Chill in cold water, trim and remove skin, cook in butter and oil until nicely browned and remove from pan. In the same fat brown carrots, onion and mushrooms, add tongues again and baste with wine and brown sauce preferably made with fresh tomatoes (recipe No. 278). Add the seasonings, cover and simmer for about 1½ hours.

When tender remove tongues, skim sauce, add gherkin and parsley, and season to taste. In meantime prepare Duchess potatoes (recipe No. 440) and with pastry tube make a border around the serving platter. Set in a hot oven until golden brown, remove from oven and arrange slices of tongue in overlapping rows in the center of the platter. Add sauce and serve as a luncheon dish.

118. Meat in Scallop Shells

(6 servings)

1 small can mushrooms, diced
1⅛ cup diced cooked cold meat
3½ oz. macaroni (2½ cups cooked)
Sauce: 1½ tablespoons butter
2 tablespoons flour, salt, paprika
1 cup strong dark meat stock
1-2 tablespoons tomato catchup
Crumbing: sifted dry crumbs
1½ tablespoons grated cheese
2 tablespoons butter

Prepare a dark mushroom sauce according to directions in recipe No. 287. Add spaghetti and meat, allow to stand until meat has warmed through, fill scallops with mixture, sprinkle with crumbs and cheese (Parmesan or other hard cheese) and dot with butter. Place shells on a baking sheet and set in a hot oven to brown. Serve at once as entrée or luncheon dish.

Almost any kind of cold left-over meat may be prepared in this manner—tongue, ham, veal, pork, chicken or beef.

119. Baked Egg and Sausage with Tomato Sauce

(6 servings)

Slice ⅔ lb. sausage (recipe No. 431) and lay in the bottom of a shal-

low, large greased baking dish or casserole. On top of each slice carefully break an egg, cover with a paraffin paper and set in a moderate oven until eggs have set. Add tomato sauce (recipe No. 290) and serve at once as a luncheon dish.

120. Small Sausages with Tomato Sauce

(6 servings)

Parboil 12 small pork sausages in water for 10 minutes, then brown quickly. Lay on strips of bread with a hollow cut in the middle and lightly browned in butter. Over these pour a well seasoned tomato sauce (recipe No. 290). Serve as an appetizer.

121. Sausage with Eggs and Vegetables

(6 servings)

½ lb. sausage (Medister)
3 hard cooked eggs, sliced
3-4 firm tomatoes, cut in sections
1 cauliflower, cooked whole
½ lb. cooked green beans, or other cooked vegetables

Remove casing from sausage (recipe No. 431) and cut into rather thick slices. Home made "bräck" sausage (recipe No. 430) if on hand is best for this dish. Brown slices lightly and lay in a circle on a serving dish. On each slice lay a slice of egg and on this a section of tomato. In the center of the dish arrange attractively the cauliflower and other vegetables. The tips of the eggs may be chopped and sprinkled over alternate sections of tomato as a garnish.

122. Chinese Rice

(6 servings)

1-1¼ cups choice rice
water, salt
6 oz. lean ham, diced
1-2 tablespoons butter

Wash rice in cold water and add to a generous amount of hot slightly salted water. Cook until tender but not mashed to pieces, rinse with cold water and drain. Spread rice in a shallow pan and set in a warm oven. Allow the oven door to stand slightly ajar so that steam passes off and stir the rice carefully several times with a fork.

Brown ham cubes lightly in butter and add the rice. When well mixed pour into a serving dish. Grated cheese may be served separately.

Chicken Rissoto: (6 servings.) Cook ¾ cup rice as directed for Chinese rice. Prepare a tomato sauce according to directions in recipe No. 291, omitting the Madeira and adding instead 1 tablespoon tomato catchup and 1 teaspoon flour. To part of the sauce add diced cooked chicken and a few slices of cooked mushrooms. Arrange rice in a border on serving dish. Pour sauce with chicken in center and remaining sauce over the rice. Serve as a luncheon dish.

123. Goose Giblets with Rice

(6 servings)

Cook giblets, neck, wing tips and feet of goose in same manner as for soup but use less water (recipe No. 161). Add parsley, a bit of ginger root and a few cubed soup vegetables to the giblets. When the meat is tender allow to cool if time permits and cut meat into small pieces. The liver may be reserved for paste if so desired. Skim and strain the stock, thicken with 2 tablespoons butter mixed with 2 tablespoons flour, stir into a beaten egg yolk, add meat and heat thoroughly. A little Madeira may be added. Serve with a border of cooked rice, or combine with rice and serve sauce separately. A bit of curry may be added to the sauce.

124. Baked Stuffed Tomatoes

(6 servings)

6-7 firm, uniform tomatoes
½ teaspoon salt, pepper
***Filling:* 1 cup mushrooms, chopped**
2 tablespoons butter
2 slices yellow onion, minced
pinch minced parsley
2 tablespoons tomato purée
5 tablespoons white wine (scant)
salt, pepper, dry crumbs
1 tablespoon butter, melted

Cut tomatoes in two crosswise, remove seeds and pulp and salt and pepper the insides. Cook mushrooms in butter without browning, add onion, parsley, purée and wine, seasonings and a bit of sugar if needed and cook about 10 minutes. If rather thin add some crumbs to take up the excess liquid.

Set tomato halves in a shallow baking dish, fill with mushroom mixture, sprinkle with crumbs and melted butter and set in a moderate oven until browned, about 30 minutes at 350° F. If served in the baking dish pour a well seasoned tomato purée diluted with rich stock

around the tomatoes. Serve as an appetizer, luncheon dish or garnish to a meat course.

Filling of Giblets and Rice: Fill tomato halves with a mixture of steamed rice and chicken giblets. Brown chopped giblets together with 1 tablespoon minced onion in butter, add 6 tablespoons rich stock or cream, cook until tender and season. Bake in same way as directed for stuffed tomatoes.

125. Macaroni and Fish au Gratin

(6 servings)

5 oz. macaroni (3½ cups cooked)
1¼ cups flaked cooked fish
4-5 tablespoons grated cheese
2-3 tablespoons tomato catchup
⅜ cup meat stock
2-3 tablespoons butter

Cut hot cooked macaroni into small pieces, combine with fish and turn into a greased casserole adding between layers the grated cheese and tomato catchup first diluted with stock. Sprinkle a thick layer of cheese on top, dot with butter and brown in a hot oven. Serve as a luncheon dish.

126. Baked Stuffed Cucumbers

(6 servings)

1 large ripe cucumber
***Filling:* 1 sweetbread, cooked and diced**
1 cup cooked mushrooms, chopped, 2 tablespoons butter
(2 tablespoons flour)
mushroom liquor and cream
salt, paprika
few drops lemon juice
1 tablespoon minced parsley
1 tablespoon butter
dry sifted crumbs

Peel cucumber, cut in two lengthwise, remove seeds and pulp in center and cook in lightly salted water until tender. Prepare a mushroom sauce according to directions in recipe No. 262, add sweetbreads and season to taste. Lay cucumber halves on a shallow greased baking dish, fill halves with sauce mixture, sprinkle with crumbs and parsley and dot with butter. Pour a little cream or rich milk mixed with stock or meat juice into the pan and set in oven to bake until tender and browned on top. Serve in the baking dish as an entrée or luncheon dish.

Soups and Soup Garnishes

127. Soup

Fine soups to satisfy the most exacting taste demand both time and care in each step of their preparation from the basic ingredients, of which good stock is the most essential, to the right choice of garnishes and accompaniments. In most households, however, the necessary time and expense cannot be given to the art of fine soup making and the housewife therefore should learn to make good soups with simpler ingredients. With the aid of a little fantasy left-over meat and fish stocks, bits of meat and fish or vegetables may emerge as delicious soups. Meat extract or bouillon cubes may take the place of the prepared stock; cream, eggs or flour may serve as thickening agent; and fancy cut vegetables, macaroni pastes of different kinds and hard cooked eggs may help out as garnishes. The flavor may be varied in many ways by the use of cheese, wine, tomato purée and other seasonings. Imagination and a little experience in soup making will suggest other combinations or variations.

Among the recipes given here are both basic stocks and soups and those which are quite typically Swedish such as fruit, cereal and milk soups. In Sweden soups are considered an important phase of cookery, a recognition they rightly deserve.

128. Stock and Bouillon

(about 4 qts.)

4½ lbs. beef shank
3¼ lbs. chuck or shoulder
5 qts. water, 1 tablespoon salt
1 carrot, 1 parsnip
1 small stalk celery
1 leek

Too much emphasis cannot be placed upon the careful preparation of stock for it may rightly be called the cornerstone of most soups and of many sauces.

Part bone and part meat of mature beef gives the strongest stock. The shanks, the less choice parts of the rump and shoulder and the neck are the best cuts for this purpose. Root vegetables may be added in small amounts but too large a proportion will give the stock a too decided vegetable flavor. If the stock is to be kept for some days add the vege-

tables during the final stage of preparation as both the flavor and keeping quality are thus improved.

Wipe the meat with a damp cloth, cut it into small pieces and break the bone in several places. Remove marrow and use for preparing dark stock or for other purposes. Place bones in a soup kettle, add meat, cold water and a little salt, then cover and simmer until heated through and skum forms on top. Skim and when no more skum forms add the whole vegetables. Cover tightly and simmer for 18-20 hours. In the evening strain the stock and set in a cool place over night. Next morning remove hardened fat on top, pour stock back into kettle, add meat and bones again but not the vegetables and simmer until stock is well flavored. Strain through a fine cloth wrung out of hot water and set aside again in a cool place until fat hardens on top.

When stock is to be used remove the fat and pour out the stock carefully leaving any sediment in the bottom of the pan. If directions have been carefully followed the stock will be clear. If a darker color is preferred add a little meat coloring.

For a weaker stock which can be used for cream sauces, gravies, purées and basting meat, cover the bones and meat again with water and simmer for 4-5 hours, then treat in same manner as other stock.

If the stock is to keep for several days, reheat after a couple of days and pour into a clean jar. Do not cover as the fat formed on top if not disturbed will act as protection from spoilage. Store in a cold place.

Garnishes and accompaniments for hot clear bouillon include cheese straws, pastries, small petit-choux with cheese filling, egg royal, quenelles or vegetables cut into appropriate shapes.

129. Dark Stock or Bouillon

(about 4 qts.)

Dark stock or bouillon is prepared from the same ingredients as other stock with slight variation in method. Use about 1 lb. more of lean beef, cut all the meat into small pieces and brown in marrow or other good fat. Rinse out the juice and fat in the pan with hot water and add to the remaining ingredients.

Dark stock is used as a basis for dark soups, sauces and gravies.

Meat Glaze: To prepare a meat glaze reduce dark stock by slow cooking in an uncovered pan until it forms a coating on a spoon.

130. Light Stock or Bouillon

(about 4 qts.)

3¼ lbs. leg of veal
3¼ lbs. neck of veal
1 stewing chicken, 5 qts. water
1 tablespoon salt
1 carrot, 1 parsnip
½ celery root, 1 leek

Prepare light stock after same directions as for other stock (recipe No. 128). Simmer very slowly. If necessary clarify with ½ lb. raw ground veal or with egg white. This stock is used for very light soups and sauces and for invalid diets.

131. Consommé

(about 4 qts.)

Consommé is a fine rich clear bouillon. To the ingredients for bouillon (recipe No. 128) add another lb. of meat and a stewing chicken. Follow directions for making bouillon and simmer about 10 hours. Strain and allow to stand in a cold place until the following morning. Remove fat on top, pour stock back into kettle and add meat and bones but not the vegetables. Clean and cut chicken into small pieces, reserving breast meat, brown in butter and add to the kettle, then simmer for another 8 hours. Strain and allow to stand in a cool place until following day.

Remove fat on top and pour stock into a clean kettle. Grind breast meat together with ½ lb. raw beef, combine with 1 slightly beaten egg white and stir this mixture into the cold stock. Heat and stir until stock comes to a boil, set it to the side of the stove for about 1¼ hours, then strain through a fine wet cloth. The soup should be perfectly clear.

To obtain a wine color lay 1-2 teaspoons grated raw beet in a sieve and pour over it a cup of the hot stock, then add enough of this to the soup to give the desired color.

Season soup to taste with salt and if desired a bit of Madeira. For a slightly thickened soup stir in 1½-2 tablespoons arrowroot or potato flour combined with a little cold stock. Serve with same garnishes or accompaniments as suggested for clear bouillon.

VARIATION: A game flavor may be obtained by using grouse, partridge, ptarmigan or other wild bird in place of chicken. Older birds are best for soup.

Cold Consommé: Properly made consommé should have a fine delicate jelly-like consistency when chilled. With this serve an accompaniment such as cheese straws, petit-choux filled with cheese, or chicken forcemeat.

132. Consommé Chasseresse

(12 servings)

To 5 qts. amber colored consommé, to which bones and remains of wild birds have been added during cooking, add ⅝ cup good Madeira before serving. If not clear enough clarify first with egg white. Cut mushrooms and truffles into very fine strips and add as a garnish. Serve with petit-choux filled with forcemeat made from the meat of the birds (recipe No. 187).

133. Fish Stock and Bouillon

(6 servings)

3⅓ lbs. whiting, or white fish
1 carrot, 1 small sprig chervil
1 small stalk celery
1 slice yellow onion
bouquet: 1 sprig parsley, and 1 sprig thyme, ½ bay leaf
2 qts. water
(about 1 cup white wine)
½ tablespoon salt
1 tablespoon butter

Select whiting or other white fish for this soup. Bones and trimmings left from preparing fillets of sole are excellent for this purpose. Clean vegetables and brown lightly in butter, add water and fish cut into pieces and simmer uncovered for about 30 minutes, or until fish breaks apart. Shake kettle occasionally to keep fish from adhering to the bottom. Strain through a wet cloth laid in a sieve. The stock is then ready to use for soups, sauces or other dishes calling for such stock.

134. Thick Bouillon with Cream

(6 servings)

2 tablespoons butter
3-4 tablespoons flour
1½-1¾ qts. light stock
salt, paprika
***Thickening:* 1-2 egg yolks**
⅜ cup cream
(2-3 tablespoons Madeira)
***Garnish:* hard cooked egg, etc.**

Melt butter, stir in flour, gradually add the stock while stirring until smooth, continue to cook 8-10 minutes and season to taste. Add wine

if desired. Whip yolks and cream in a large bowl and gradually pour in the hot soup while beating vigorously.

Serve with garnish of vegetables, macaroni pastes, cooked egg cut into quarters, fish forcemeat, cheese straws, or croutons.

Chicken Bouillon with Cream: Use chicken stock and prepare in same manner as directed for thick bouillon.

Thick Bouillon with Tomato: A weak stock may be used for this soup. Thicken as directed in preceding recipe and add 2-3 tablespoons thick tomato purée and seasonings to taste. For a richer soup pour into whipped cream, with or without egg yolk, beat well and serve. Several pieces of cooked spaghetti may be laid in the bottom of each soup plate or small toasted cheese canapés may be served separately.

135. Tomato Soup

(12 servings)

3 tablespoons butter
5-6 tablespoons flour, salt
3½ qts. good stock, or bouillon
4½ tablespoons tomato purée
(1-2 teaspoons sugar), paprika
Thickening: 2-3 egg yolks
¾ cup thick cream
Garnish: forcemeat of 1 lb. pike (about ½ lb. scraped meat)
1½ egg whites, beaten
6 tablespoons thick cream, salt
¾ teaspoon potato flour, pepper

Thicken soup as directed in recipe for thick bouillon. Just before serving heat thoroughly and pour onto whipped cream and yolks while beating well. Lay forcemeat (recipe No. 188) in soup plates before pouring in the soup.

When fresh tomatoes are available cook a purée of 6 medium tomatoes and 2 tablespoons finely minced onions. Force through a fine sieve and add to the soup. If purée is thin reduce first by slow cooking.

136. Emperor Soup

(6 servings)

2 tablespoons butter
2-3 Jerusalem artichokes
1 small parsnip
½ stalk celery or ½ celery root
2 small leeks
Thickening: 2 tablespoons butter
3 tablespoons flour
1¾-2 qts. dark bouillon or stock
salt, paprika
⅜ cup thick cream
2-3 tablespoons Sherry
Garnish: egg balls

Clean and dice vegetables, brown in butter and add to stock, cook until tender and force through a sieve or ricer. Melt butter, add flour then gradually vegetable purée and stock, stirring until smooth and thickened. Cook for about 8-10 minutes and season to taste. Whip cream, add Sherry and beat into soup. The soup must not be very thick. Lay egg balls (recipe No. 192) in soup plates before pouring in the soup.

137. Cheese Soup

(6 servings)

2 tablespoons butter
2½ tablespoons flour
1½ qts. stock, or meat extract diluted with water
salt, paprika
(Madeira)
***Thickening:* 1 egg yolk**
⅜ cup cream
¾-1 cup dry grated cheese
***Garnish:* egg balls, or cooked egg**

Thicken stock as directed in recipe No. 134, cook 8-10 minutes, season and add Madeira if desired. Just before serving pour the hot soup over the stiffly beaten cream and egg yolk mixed with the cheese, beat vigorously and serve very hot. Lay sections of hard cooked egg or egg balls (recipe No. 192) in each plate as a garnish.

138. Curry Soup

(6 servings)

2 tablespoons butter
3-4 tablespoons flour
2 qts. veal or chicken stock
salt, cayenne pepper
1-2 teaspoons curry powder
***Thickening:* 1 egg yolk**
⅜ cup cream
***Garnish:* ⅜ cup rice, steamed**

Thicken stock with butter and flour as directed in recipe No. 134 and cook 10-15 minutes. Mix curry powder with a little of the soup and add, season to taste and pour onto the cream and yolk beaten together. Pour into hot soup plates, add steamed rice and if desired a few fine strips of cooked veal or chicken.

139. Favorite Week Day Soup

(6 servings)

To 2 lbs. of beef shank or neck add left-over bone and bits of meat from steak or roast. Prepare and add several soup vegetables and if any meat broth or vegetable liquor is on hand, add this together with water

so that total liquid equals about 2 qts. Cover well and simmer for 5-6 hours. Strain and force vegetables through a strainer or ricer and return to soup. Combine 2 tablespoons butter and 4 tablespoons flour and add to soup, stir well and cook about 8-10 minutes or until smooth and thickened. Season to taste and add a little Madeira or grated cheese if preferred.

Garnish with cooked macaroni and sections of hard cooked egg.

140. Soup à la Molière

(6 servings)

1 small bunch asparagus, or
1 small can tips
1¼ cups green peas, cooked
½ cup cooked spinach, salt
1½-1¾ qts. chicken or veal stock
***Thickening:* 1 tablespoon butter**
1 tablespoon flour
***Garnish:* cooked veal or chicken**
(1-2 egg yolks)
(½ cup cream)

Cook peas in stock and force through a sieve together with the spinach. Thicken with butter and flour and cook about 8-10 minutes while stirring continuously. The soup should be light green in color and only slightly thickened. Season to taste. For a richer soup pour it onto yolks and cream beaten together. Although the soup may be served plain it is best when garnished with asparagus tips and cubes of cooked veal or chicken.

141. Mushroom Soup à la Capucine

(10-12 servings)

1 large can mushrooms
½ teaspoon lemon juice
4-5 tablespoons butter
(1 tablespoon minced onion)
6 tablespoons flour
2½-3 qts. rich stock
salt, paprika
***Thickening:* 2 egg yolks**
¾ cup thick cream (scant)
***Garnish:* small croutons**

Cut most of the mushrooms into slices lengthwise, sprinkle with lemon juice and brown slowly in butter. When done remove from pan and add remainder of mushrooms first chopped, also the onion and simmer but do not brown. Stir in the flour, then gradually the stock and cook until smooth and of slightly thickened consistency. In the meantime reduce the mushroom liquor over a slow fire and add this and the sliced mushrooms to the soup. Season to taste and just before

serving pour the soup into whipped cream and yolks and beat. If soup seems too thick add a little hot stock. Serve with croutons or small rounds of bread browned in butter.

142. Morel Soup

(6 servings)

3 tablespoons butter
1-1¼ qts. morels, or mushrooms
2 tablespoons white wine
3 tablespoons flour
1½ qts. rich stock
salt, paprika (lemon juice)
***Thickening:* 1 egg yolk**
⅜ cup thick cream

Morels are a wild dark mushroom found plentifully in Sweden. Where this mushroom is not available other mushrooms may be substituted. Divide morels into two or three pieces and wash thoroughly to free from sand, parboil for 2 minutes then rinse in hot water. Cut morels into small dice, and cook gently in half of the butter but do not brown. Season to taste, add wine and a few drops of lemon juice if desired and continue to cook a few minutes longer. Melt the rest of the butter, stir in flour then gradually the stock, stirring until smooth and thickened. Combine with soup, cook 10 minutes longer and add more seasoning if needed. Stir soup into beaten yolk, fold in whipped cream and serve at once.

Sweetbread and Morel Soup: (6 servings). Clean and parboil 1 pt. morels as directed for morel soup then cook in a small quantity of water until tender. Reserve the liquor and cut morels into small dice. In meantime prepare and cook ¼ lb. sweetbreads (recipe No. 115) and when chilled cut into small dice.

Brown morels and sweetbreads in 2 tablespoons butter. Remove from pan, stir in the flour, then follow proportions and directions given for morel soup. Pour soup into stiffly beaten cream combined with beaten yolk and serve at once.

143. Tomato and Potato Soup

(6 servings)

1 large onion, minced
2 tablespoons butter
5-6 tomatoes, cut to pieces
2 qts. stock
6 medium potatoes, diced
***Thickening:* 2 tablespoons butter**
3 tablespoons flour
salt, white pepper (sugar)

Cook onion slowly in butter without browning, add tomatoes and cook 10-12 minutes. Add stock and potatoes, cover and cook about 1 hour. Force through a sieve, add gradually to melted butter mixed with flour and stir until smooth and slightly thickened. If too thick add more stock. Season well and serve with cheese straws.

144. Italian Vegetable Purée

(6 servings)

2 tablespoons good fat or oil
1 yellow onion, minced
2 small carrots, diced
2 leeks, diced
2 potatoes, diced
½ lb. cauliflower
2 qts. stock, salt, pepper
6 tomatoes, cut to pieces, or
3 tablespoons tomato purée
***Garnish:* ⅜ cup cooked peas**
¼ cup spaghetti
grated cheese

Cook the onion in fat for a few minutes, add vegetables and cook until they begin to brown. Add tomatoes and stock, cover and cook slowly for about 1 hour. Force through a purée strainer and return to the kettle. If soup is too thin thicken with a paste of 1-2 tablespoons flour and 1 tablespoon butter, cook several minutes while stirring and season to taste. Add cooked peas and spaghetti and serve. Grated cheese may be served separately.

145. Asparagus Soup

(6 servings)

2 tablespoons butter
3-4 tablespoons flour
1¾ qts. stock, and rich asparagus liquor, salt, paprika
(1-2 tablespoons Sherry or Madeira)
***Thickening:* 1 yolk**
⅜ cup thick cream
***Garnish:* 1 small can asparagus tips**

Melt butter, add flour, then gradually the liquid, seasonings and Madeira if desired, cook 10 minutes and skim. Force any of asparagus stalks not used for garnish through a purée strainer and add to the soup.

Cauliflower Soup: (6 servings). Instead of asparagus cook 2 medium sized cauliflowers and force through a purée sieve, reserving a few flowerets to use as garnish. Combine purée with stock and then follow same proportions and directions as given for asparagus soup. A few

small cooked shrimps first soaked in milk several hours add to the attractiveness of the soup.

Jerusalem Artichoke Soup: (6 servings). Cook 1 qt. of artichokes, pass through purée strainer and follow same directions as for cauliflower soup. Use only 2 tablespoons flour for thickening and increase Madeira to 3-4 tablespoons. If soup is not rich enough stir in a few dabs of butter just before serving. Garnish with small cooked artichokes, with asparagus tips, or with pieces of celery root cut from slices cooked with artichokes. Remainder of the root may be added to the purée. The soup must not be very thick. Serve with toasted cheese canapés.

Mixed Vegetable Purée: (6 servings). For this soup use 1 carrot, 1 parsnip, 1 leek, 1 stalk celery and ½ qt. Jerusalem artichokes. Clean and cut all vegetables except carrot into pieces. Cook until tender in water or stock and pass through a purée strainer (omitting carrots). Prepare soup after same proportions and directions as given for asparagus soup. Garnish with flowerets of cauliflower cooked separately and serve very hot with cheese croutons or straws.

Black Radish Soup (Scorzonera): (6 servings). Clean and cut ½ lb. scorzonera into pieces about an inch long, cook until almost tender in water and then finish cooking in stock. Prepare soup after same proportions and directions as given for asparagus soup. Garnish with pieces of the scorzonera and green peas and serve with cheese crackers.

146. Vegetable Purée with Shrimps

(6 servings)

1 medium cauliflower, diced
½ celery root, diced
½ yellow onion, sliced
2 qts. weak stock, ½ tablespoon salt
***Garnish:* 6-8 oz. cooked shrimps**
¾-1 qt. mushrooms, diced
***Thickening:* 2 tablespoons butter**
2 tablespoons flour
four spices (see glossary)
1 yolk, ⅜ cup cream

Cook vegetables until tender and pass through a purée strainer. Remove shrimps from shells and soak several hours in milk. Cook mushrooms in butter until tender and remove from pan. Add flour to butter and gradually stir in the liquid. Cook soup 10 minutes, add mushrooms and shrimps and season. Beat into whipped cream combined with beaten yolk and serve at once with cheese straws or cheese croutons.

147. Nettle Soup

(6-8 servings)

3 qts. nettles, or part spinach
few sprigs chervil, or
8-10 chives, salt, pepper

***Thickening:* 2 tablespoons butter**
3-4 tablespoons flour
2 qts. stock, (½ teaspoon fennel)

Thoroughly wash freshly picked nettles and cook in slightly salted water about 20 minutes or until tender enough to mash the leaves. Rinse with cold water, strain and force together with chervil or chives through a purée strainer. Combine purée with flour, add to melted butter and stir while adding the liquid. (Stock for this soup is best if cooked with a little pork or a few pork rinds.) Cook soup 15-20 minutes and season carefully. If no chervil or chives are available add ½ teaspoon ground fennel. For a richer soup stir in a few dabs of butter just before serving.

As accompaniment serve separately poached egg, sections of cooked egg, or small balls of fish forcemeat.

Nettles may be dried when in season and kept for use through the winter or they may be canned either as greens or as a purée.

Spinach Purée: (6 servings). Use 2-2½ qts. fresh spinach and follow same proportions and directions as for nettle soup.

Green Cabbage Soup: Separate the leaves of 1 large green cabbage, cook until tender (about 25-30 minutes), strain, chop or grind and then force through a purée strainer. Follow same proportions and directions as given for nettle soup. Stock from cooked pork may be used in place of beef stock. Add 1 teaspoon powdered dried chervil or 1 teaspoon ground fennel to season.

As accompaniment serve small meat balls (recipe No. 190), very small sausages, poached egg or quarters of cooked egg.

148. Onion Soup

(6 servings)

½ qt. potatoes, peeled
2-3 slices white bread
2 yellow onions, peeled, 1 leek

(10-12 small shallots)
2 qts. weak stock, salt, pepper
(1 yolk, ⅜ cup thick cream)

Cook potatoes, bread and onions in stock in a covered kettle until tender, strain and force through a purée strainer. Turn purée back into

the kettle, add more stock if needed for desired consistency and season to taste. For a richer soup stir it into 1 or 2 beaten yolks combined with ⅜ cup whipped cream.

Garnish soup plates with 2 small cooked shallots, or with small square cut pieces from leaves of cooked leek. Serve with toasted cheese sticks.

149. Pea Purée

(6 servings)

¾ qt. pea soup (fresh or left-over)
1 tablespoon butter, stock
1-2 tablespoons flour
Garnish: fried bread cubes

Purée may be made from left over pea soup, from fresh peas, or from cooked dried green peas. Heat, pass through a purée strainer and thin with stock or pork broth. Melt butter, add flour then gradually the purée and cook several minutes. Season and serve with small cubes of bread fried in butter.

150. Vegetarian Soup

(6 servings)

5 small carrots, cut in strips
1 small parsnip, cut in strips
¼ celery stalk or root, cubed
½ leek, sliced
1 small cauliflower, separated
¼ lb. spinach, (⅜ cup peas)
1 tablespoon chopped parsley
Thickening: 2 tablespoons butter
3 tablespons flour
1¾ qts. concentrated vegetable liquor and milk
1 yolk, salt
2 teaspoons sugar
⅜ cup thick cream

Cook root vegetables, also cauliflower separately, until tender. Cook spinach only a few minutes. When the vegetables are done, drain and cook together all the liquor. Melt butter, add flour then gradually liquor mixed with milk, cook 8-10 minutes then add the vegetables to heat through. Beat some of the thin part of the soup into the beaten yolk mixed with sugar, combine with vegetables and fold in whipped cream last. Serve with small toasted cheese canapés.

151. Spinach Soup

(6 servings)

2 tablespoons butter
4 tablespoons flour
2 qts. weak stock, salt, pepper
⅓ lb. spinach (¾ cup cooked)
Thickening: 1 yolk
⅜ cup cream

Melt butter, add flour then gradually the liquid, stirring until thickened. Season, add chopped spinach and cook gently for 15-20 minutes. Pour onto whipped cream and yolk and serve at once with cheese sticks.

152. Fresh Pea Soup

(6 servings)

½ qt. shelled peas
¾-1 qt. water
1 tablespoon butter
1 teaspoon salt, 1 teaspoon sugar
3-4 small carrots, thinly sliced

Thickening: **1 tablespoon butter**
2 tablespoons flour
liquor from peas, milk, or stock
minced parsley
1 yolk, ⅜ cup thick cream

Cook the peas together with the carrots until very tender. Melt butter, add flour then gradually the liquid and cook several minutes. Add vegetables and parsley, season to taste and beat into whipped cream combined with egg yolk.

Fresh Shelled Bean Soup (Limas): (6 servings.) Follow same directions as for pea soup using ¾ qt. shelled beans and ¼ qt. milk as part liquid. Add less sugar or none as preferred.

153. White Cabbage Soup

(6 servings)

1 medium sized white cabbage
3 tablespoons fat
1 tablespoon dark brown sugar
or sirup, salt
3 qts. pork or other weak stock
8-10 peppercorns

Remove outer leaves of cabbage and cut away any heavy veins, then cube and brown in fat in a kettle. When golden colored add sugar or sirup, continue to brown carefully, add liquid and peppercorns, cover and simmer for 2-3 hours or until cabbage is very tender. Stir occasionally and when finished season to taste and serve with very small sausages sliced or tiny meat balls.

154. Dried Pea Soup with Pork

(6 servings)

1 lb. yellow peas (Swedish)
1 lb. lightly salted pork shoulder
3 qts. water
(salt, seasonings)

If possible purchase Swedish dried yellow peas for this soup, but if

not obtainable yellow split peas can be substituted. Clean and soak the peas in cold water over night. Set to cook in cold water and simmer 3-3½ hours or until peas are tender. When peas first come to the boiling point uncover and remove shells floating on top. This is not necessary with split peas. During last hour of cooking add pork cut into pieces suitable for serving. When done serve meat and soup separately with mustard to the meat. The soup should be medium thick. If peas are very dry when put to soak add a little salt to the water and then discard this water afterward.

Pea soup is one of the most popular national dishes of Sweden. It may be seasoned more than suggested in this recipe. A bit of onion or leek, marjoram or ginger, a few peppercorns, a bay leaf and a sprig of parsley may be added to suit the individual taste. Instead of the shoulder cut spareribs are also excellent for this soup.

155. Meat Soup Julienne

(6 servings)

3-3½ lbs. beef chuck, or shoulder
3 qts. water, 1 tablespoon salt
2 carrots, 1 parsnip
1 small stalk celery, 1 leek
1 tablespoon minced parsley
Garnish: dumplings

Cut meat into suitable pieces for serving, cover with cold water and simmer until tender, about 3-4 hours. When about half done add salt and vegetables and when these are done remove from soup and cut into small strips. Strain soup and skim off any fat, reheat and pour over the vegetables first laid in the soup plates. Serve the meat separately with horseradish sauce (recipe No. 276) and boiled potatoes. If dumplings are to be served in the soup follow directions in recipe No. 182.

156. Lobster Soup

(10-12 servings)

2 lobsters, cooked, 5 qts. water
¾ cup coarse salt
Lobster butter: 1 cup butter
lobster shells
6 tablespoons flour, salt, pepper
3 qts. rich fish stock, meat stock
and lobster liquor
four spices (see glossary)
2 tablespoons Madeira, or Sherry
Thickening: 2 egg yolks
¾ cup thick cream
Garnish: fish forcemeat

Remove meat from lobsters keeping it in as whole pieces as possible.

Make lobster butter from shell, coral and butter as directed in recipe No. 270. Reserve liquor from the lobster butter for the soup.

Melt butter, stir in flour then gradually the liquid and cook for 10-12 minutes. Add edible part of the shells to the soup. If flavor is a bit flat add wine and if liked a few drops of anchovy essence, but not enough so taste of anchovies can be detected. Beat soup into whipped cream combined with yolks and serve at once. In the soup plates place 3 or 4 pieces of lobster and fish forcemeat (recipe No. 188). The latter may be left out if there is sufficient lobster meat.

CRAYFISH SOUP: Prepare crayfish soup in the same manner as lobster soup. Instead of lobster use 50-60 crayfish or more if needed. Prepare crayfish butter as directed in recipe No. 270, using about ⅞ cup butter. Season the soup with a little dill.

157. Turtle Soup

(12-14 servings)

2 cans turtle meat preserved in stock
2½ qts. rich beef stock, cleared
3 tablespoons arrowroot flour
⅝ cup fine Madeira
2 tablespoons fine brandy
salt, paprika, or cayenne pepper
(truffles)

Combine and heat turtle and beef stock and thicken with the flour first mixed with a little cold stock and stirred to a paste. The soup should be only slightly thickened and appear transparent. Season, add wine and if desired a bit of brandy. Lastly add turtle meat cut into strips. For a more elaborate garnish add thin slices of truffle.

158. Oriental Lobster Soup

(8-10 servings)

1 lobster, cooked in
6 tablespoons salt, and
2½ qts. water
Lobster butter: ½ cup butter
lobster shell, salt
1 small carrot, chopped
1 yellow onion, chopped
1 tablespoon butter, parsley
2½ qts. fish and veal or beef stock
4-5 tablespoons flour
four spices (see glossary)
Thickening: 2 egg yolks
¾ cup thick cream
Garnish: ⅝ cup rice, salt, curry

Remove meat from the lobster and prepare lobster butter as directed in recipe No. 270. Cook the vegetables in butter for about 10 minutes. Reserve the best pieces of lobster meat and add remainder to the vege-

tables. Gradually add some of the stock and simmer for 30 minutes, then strain. Melt lobster butter, add flour and gradually the soup. Stir well and if necessary add more stock to give soup a fairly thin consistency. Season carefully, beat it into whipped cream combined with beaten yolks and lastly add the lobster meat.

Season hot steamed rice (recipe No. 122) with salt and curry. Place a spoonful in each soup plate or serve in a separate dish.

159. Black Soup

(10-12 servings)

1 goose
3½ qts. beef stock and stock from giblets
⅓ qt. goose blood, or hog blood
6 tablespoons flour
½ teaspoon white pepper, salt
½ teaspoon ginger
1 teaspoon ground cloves
½ cup sugar
6 tablespoons weak vinegar, or wine vinegar
(6 tablespoons Madeira, or Sherry)
***Garnish:* 5-6 apples**
20 prunes, cooked and pitted
6-9 tablespoons sugar
1 goose liver sausage

Clean, draw and prepare giblets, neck, head and wing tips for soup, reserving liver and neck skin for the liver sausage (recipe No. 191). Cover with lightly salted water and allow to stand over night. If odor is at all objectionable add a little vinegar to the water. Next day cover with about 1½ qts. water, 1 tablespoon salt, a few peppercorns, a few cloves and a slice of onion. When meat is tender set aside to cool. Remove fat from top and carefully pour stock into clean kettle and add the beef stock. Stir the flour, blood and a little cold stock together to form a paste and add this to the soup while beating vigorously for several minutes. Beat soup while cooking, remove from fire and season well. One must really know black soup to season it properly but after a little experience one may acquire the trained taste. No one flavor must predominate yet the soup should be rather highly seasoned.

This soup can easily be prepared some time before serving but when reheated must be beaten vigorously. It should be smooth and glossy and have a dark attractive color which is best obtained by using goose blood. Dice the giblets and add before serving. Arrange slices of the goose liver sausage, slices of apple lightly cooked in sirup and prunes in overlapping rows on a separate serving dish.

VARIATION: This particular soup has many variations. One recipe calls for ¾ qt. blood and no flour, ⅜ cup brandy, about 1 cup portwine, same quantity Madeira and red wine, wine vinegar in place of other vinegar and all this finished off with the proper seasonings. Follow same directions as given for first recipe.

160. Cream of Chicken Soup

(6 servings)

1 stewing chicken
salt, lemon
soup vegetables, cubed
2 tablespoons butter
3 tablespoons flour
1¾ qts. stock from chicken
salt, paprika, Madeira
Thickening: 1 egg yolk
⅜ cup thick cream
Garnish: breast meat of chicken

Cut chicken into pieces suitable for boiling, rub with lemon, cover with water, add salt and heat through. Skim, add vegetables, cover tightly and simmer until meat is tender, about 5-6 hours. Strain the stock and allow it to stand until the following day. Remove the breast meat and press under a weight over night.

Remove the rest of the meat from the chicken, run through a grinder, pound in a mortar and force through a fine sieve. Add 1 tablespoon butter while pounding the meat. Melt the rest of the butter, stir in the flour, then add chicken stock while stirring until smooth. Add the purée of chicken and seasonings and beat into whipped cream combined with beaten yolk. The soup should have a light yellow color, be well seasoned and of rather thin consistency. Garnish with breast of chicken cut into cubes.

161. Giblet Soup

(10-12 servings)

1 goose, or 2 ducks, 1½ qts. water
1 tablespoon salt
3-4 peppercorns, 4 cloves
1 slice yellow onion
3 tablespoons butter
5 tablespoons flour
3 qts. light stock with giblet stock
salt, paprika, nutmeg
(Madeira, or Sherry)
Thickening: 2 egg yolks
¾ cup thick cream
1 tablespoon minced parsley

Follow directions given for black soup. When soup is thickened

beat it into whipped cream combined with beaten yolks. Dice giblets and add to the soup. If desired serve goose liver sausage separately.

Wild Fowl Soup: Prepare wild fowl soup in the same manner as giblet soup, using bones and remainders of wild birds. Add to these water or weak stock, a few soup vegetables cut into cubes and salt and simmer for several hours. Grind the meat from the birds, add a little warm stock and force through a sieve. Brown butter and flour and proceed as directed for giblet soup. Add meat farce and seasonings to taste, garnish with sections of hard cooked eggs and serve.

162. Pheasant Soup à la Hägar

(10-12 servings)

1 pheasant cock
2 tablespoons butter, salt
1½ qts. rich stock
2 cups mushrooms
1 tablespoon butter
1 lb. Jerusalem artichokes
2 tablespoons butter
3-4 tablespoons flour
3 qts. stock
salt, paprika
6 tablespoons Madeira, or Sherry
mushroom or soy sauce

Draw, clean and skin the bird. Remove meat and cut carefully into long narrow pieces suitable for serving in the soup. Brown these in butter, add water to cover and salt, simmer until half done then add mushrooms, mushroom liquor and stock. Cook until meat is tender but not overdone.

Break the bones of the bird into small pieces, brown a little in butter, cover with cold water slightly salted, cover tightly and simmer for several hours. Peel and cook artichokes in slightly salted water and pass through a purée strainer.

Brown butter and flour well and gradually add the combined purée and liquids, cook several minutes then add pieces of meat and mushrooms. Add wine and seasonings and cook another 10 minutes. The total amount of soup should measure 2½-3 qts. If the soup needs more color add a little soy sauce, kitchen bouquet or concentrated mushroom sauce.

Hare or Rabbit Soup: Skin a young hare or rabbit, wash, remove tendons and cut meat into pieces suitable for serving in the soup. Brown meat carefully in half butter and oil (4 tablespoons), then follow proportions and directions for pheasant soup. Artichokes give soup both

a desirable taste and consistency so if they are omitted some other thickening agent such as flour should be added.

163. Clear Ox-Tail Soup

(10-12 servings)

1 ox-tail, 2 tablespoons butter
½ celery stalk or root, diced
1 leek, cut fine
2 carrots, diced, 1 parsnip, diced
1 yellow onion, cubed
4 qts. clear stock
10 peppercorns, salt
Thickening: 3-4 tablespoons arrowroot or potato flour
¾ cup Madeira

Wash, wipe and cut ox-tail into sections and the larger ones in two pieces, brown in butter, add vegetables and continue to brown, then the onions and finish browning. Add part of the stock and simmer for about 4½-5 hours or until meat is thoroughly done. Remove meat to a covered dish and strain soup through a wet cloth. Return soup and remainder of stock to the soup kettle and thicken with flour first stirred to a paste with cold stock. Bring soup to a boil, add wine to taste and pour over the meat first placed in the soup plates. Meat may be trimmed from the bones first. If a brighter colored soup is desired pour a little of the hot soup over 1 teaspoon grated beet in a sieve.

164. Hotch-potch Soup

(6 servings)

1 lb. lamb breast, salt
1 small carrot, cubed
1 parsnip, cubed
½ celery stalk or root, cubed
1 leek, chopped
1 small cauliflower, cut up
4-5 Jerusalem artichokes, cubed
1 small can peas
2 tablespoons butter
Thickening: 2 tablespoons butter
2 tablespoons flour
1½ qts. stock and vegetable liquor
salt, paprika
(2-3 tablespoons Sherry)

Break bones in the meat, wipe with damp cloth and barely cover with cold salted water. Simmer until half done, then trim meat from bones and cut into cubes. Brown these in fat, add part of the stock and finish cooking. Prepare vegetables, brown in butter and add to the kettle with the meat. Cook cauliflower sections and artichokes separately in lightly salted water. When all are done, brown butter and flour, gradually add liquid from soup and vegetables and cook while stirring for 10-12 min-

utes. Add the meat and vegetables, season to taste and add wine if desired. The soup should be fairly thin, light brown in color and rather highly seasoned. Left-over lamb and lamb broth may be used for this soup.

165. Mock Turtle Soup

(10-12 servings)

1 calf's head, salt
1 teaspoon peppercorns
1 small piece ginger root
1 red onion, peeled, soup vegetables
Thickening: 3 tablespoons butter
6 tablespoons flour, paprika
3 qts. beef stock with stock from head
6 tablespoons Madeira, or Sherry
Garnish: 6 hard cooked eggs

Wash calf's head and split in two lengthwise. Remove the brain and use for other purposes. Soak head in cold water 10-12 hours, then cook slowly in enough water to cover. Add seasonings and when scum has formed on top, skim and add vegetables. Simmer for about 3 hours or until meat is tender but not overdone. Remove head from the stock and cut away the meat keeping it in as large pieces as possible. Weigh the meat down between two boards and set in a cold place. It is best to start the soup the day before it is to be served to allow for both soup and meat to chill thoroughly. Strain soup before cooling.

Brown butter and flour, gradually add heated soup (with beef stock in enough quantity to give right consistency to the soup), add seasonings and wine and if needed a little soy sauce or kitchen bouquet to improve color. Cut the pressed meat into diamond shaped pieces and reheat in the soup, then pour soup into plates first garnished with sections of hard cooked eggs. This is a rather heavy soup and may well serve as the main course for lunch.

166. Fish Soup

(6 servings)

2 tablespoons butter
4 tablespoons flour
1 qt. rich fish stock
1 qt. beef stock
four spices (see glossary)
salt, pepper or paprika
white dry wine
Thickening: 1 egg yolk
6 tablespoons cream
Garnish: fish forcemeat balls
mushrooms
shrimps, or clams

Prepare fish stock according to directions in recipe No. 133. Melt butter, add flour and gradually the stock, stirring and cooking for 10-15 minutes. Season and add wine if desired. Beat soup into whipped cream combined with beaten yolk, season more if needed, pour into plates to which the garnish has first been added and serve with cheese straws or small toasted cheese canapés.

If mushrooms are used as a garnish the liquor may be reduced by slow cooking and then added to the soup before serving.

167. Bouillabaisse

(6-8 servings)

⅜ cup oil, 1 yellow onion, chopped
3 tomatoes, skinned, ¼ clove garlic
2 tablespoons tomato purée
1 sprig thyme, ½ bay leaf
few sprigs parsley
salt, white pepper, cayenne pepper
½ teaspoon ground saffron
four spices (see glossary)
2¼ qts. rich fish stock and water
3 tablespoons white wine
2¾ lbs. white fish (whiting, flounder), 1 lobster
1 qt. fresh clams
***Garnish:* 8 slices white bread**

For this soup select several kinds of salt water fish, clean and wash, remove heads, fins and tails, then slice. Deaden the lobster and cut into pieces. Clean clams and cook according to directions in recipe No. 255.

Cook onion slowly in oil for a couple of minutes, add tomatoes cut into pieces and seeds removed, tomato purée, crushed garlic and other seasonings, then fish stock and water and cook several minutes. Add fish (not whiting) and lobster and cook rather briskly for 8 minutes. Add whiting and clams and cook again for 7 minutes when the fish should be done. Shake the kettle occasionally to keep the fish from adhering to the bottom. Season more if necessary as the fish should be well flavored and have a delicate reddish color.

Arrange pieces of fish, lobster and clams attractively on a large warm platter. In a large tureen place rather dry bread slices and pour over these the soup. Serve one slice of bread to each soup plate. This soup should never be allowed to stand, so it is well to have all ingredients ready and then combine the last 20 minutes before serving. The soup is so substantial that only some light course needs to follow.

If fish stock is not available a little more fish should be used.

168. Fruit Juice Soup

(6 servings)

2 cups mixed fruit juices
5 cups water
sugar to taste
3 tablespoons cornstarch

Combine juice and water, add cornstarch mixed with a little cold water and stir while cooking for about 2 minutes. Chill and serve with whipped cream, small dumplings or rusks in vanilla sauce (recipe No. 194).

169. Blueberry Soup

(6 servings)

1 qt. blueberries
2 qts. water
sugar to taste
2-3 tablespoons cornstarch

Clean berries and cook with water about 1 hour. Strain through a cloth and return to kettle which has first been rinsed with cold water. Add sugar to desired sweetness and the cornstarch first mixed with cold water and stir soup while cooking for a couple of minutes longer. Chill and serve with whipped cream, small dumplings or sweet small rusks.

Cherry Soup: Instead of blueberries use 2½ cups pitted sour cherries, otherwise the same proportions. Cook cherries (and a few broken pits) in water until soft, add sugar to taste and cornstarch first mixed with a little cold water and cook until slightly thickened. Chill before serving. For a finer soup add a cup of red Bordeaux wine. Serve with thin wafers or cookies.

If dried cherries are used, soak 10-12 oz. in cold water before cooking.

Fresh Apple Soup: Instead of blueberries use 8-10 sour apples. Pare, core and cut apples into sections, then cook in a sirup of the water and sugar (about 3-4 tablespoons). When tender remove part of apple pieces and cook remainder until mashed. Mix cornstarch with cold water and stir in, cook until thickened and add lemon juice if desired, also more sugar if needed. Place apple sections in soup plates and pour over them the soup. Serve either hot or chilled with small rusks, potato flour cakes, or Julia cakes.

Mixed Dried Fruit Soup: Soak ½ lb. mixed dried fruits in 2½ qts. water several hours then cook in the same water until tender. Stir in the cornstarch blended with 3 tablespoons cold water and cook until thickened. Serve either hot or chilled.

170. Rose Hip Soup—*Nyponsoppa*

(6 servings)

2½ cups fresh rose hips
2 qts. water
6 tablespoons sugar
2 tablespoons cornstarch
3-4 tablespoons Madeira
10-15 almonds, blanched

Clean rose hips removing blossom ends, wash and cook in water until tender, then force through a strainer or purée sieve. Return the purée to the pan, add sugar and water to thin and stir in cornstarch first blended with a little cold water. Cook until thickened, add wine and chill. Serve with shredded almonds, whipped cream or rusks in vanilla sauce (recipe No. 194).

171. Barley and Apple Soup

(6 servings)

5 tablespoons barley
2 qts. water
6-7 apples, diced
⅝ cup sugar (approximately)
⅜-¾ cup white wine
***Thickening:* 1 egg yolk**
⅜ cup thick cream

Cook barley in water in a double boiler about 2 hours, add diced apples and cook until apples form a sauce, then press through a fine sieve and return to the saucepan. The pulpy liquid should measure 1½ qts. Heat and add sugar, wine to taste and more hot water if soup is too thick. Beat the soup into the whipped cream combined with beaten yolk and serve at once. The soup should be light yellow in color and fluffy in texture.

172. Rhubarb Soup

(6 servings)

1 lb. rhubarb, cut in pieces
2 qts. water
sugar to taste
1½ tablespoons cornstarch
***Thickening:* 1 egg yolk**
⅝ cup thick cream

Cook rhubarb in water until soft, press through a purée sieve and pour back into saucepan. Sweeten to taste, heat and add cornstarch mixed with cold water, stir until clear, then beat into whipped cream combined with beaten yolk. Serve at once with very thin cookies or wafers.

173. Sago Soup

(6 servings)

6 tablespoons red sago
2 qts. water
1 piece stick cinnamon
1 cup sour fruit juice
12 prunes, sugar to taste
⅜ cup seedless raisins

Cook cereal in water together with cinnamon for about 3 hours. When half done add prunes and a little later the raisins. Add juice and sugar to taste, heat through and serve hot or chilled together with small sweet rusks.

If red sago is not available substitute minute tapioca and red fruit coloring.

174. Wine Soup

(6 servings)

4 tablespoons red sago
1¾ qts. water
2 oz. raisins
⅝-⅞ cup white wine
juice of 1 lemon
3-4 tablespoons sugar
***Thickening:* 1 egg yolk**
6 tablespoons cream

Cook sago in water in a double boiler for about 3 hours or until completely cooked to a mush. Add raisins during first part of cooking. When done, set over a fire to heat thoroughly and add lemon juice, wine and sugar. Beat soup into whipped cream combined with beaten yolk and serve at once with small sweet rusks or delicate wafers.

175. Milk Porridge—*Slätvälling*

(6 servings)

Mix a scant ¾ cup flour with cold milk to form a paste, add milk to total 2 qts. and cook over a medium fire while stirring continuously for several minutes. Add about 1 teaspoon salt and 1 tablespoon sugar and serve at once. The porridge should be perfectly smooth and not cooked too rapidly. Serve with raspberry jam.

176. Rice Porridge

(6 servings)

Wash ⅜ cup rice and add to 2½ qts. warmed milk. Cook in a double boiler for about 1½ hours. If a double boiler is not used the rice must

be carefully watched and stirred occasionally. Add salt and sugar to taste and serve hot with sugar and cinnamon sprinkled over the top.

If liked, a stick of cinnamon may be cooked with the rice.

Rice Mush: Double the amount of rice for porridge and cook slowly in a double boiler for 2-2½ hours. Add more milk if necessary and salt to taste. Pour into a low bowl and garnish with cinnamon. Serve with thin cream or rich milk.

Rich Rice Mush: Cook the same amount of rice as for mush in 1 qt. water for about 1 hour. Just before serving stir in 1 cup whipped cream and heat through. Add salt and sugar to taste and serve with sweetened raspberry juice.

177. Semolina Porridge

(6 servings)

Stir ½ cup semolina into 2 qts. hot milk, add ⅜ cup raisins and cook over a very slow fire or in a double boiler for 30-40 minutes. Stir occasionally and add more milk if needed. Add salt and sugar to taste and serve hot with a fruit jam.

178. Oat Soup

(6 servings)

⅝ cup rolled oats, 2 qts. water
1 cup thick cream, salt
(10 almonds, shredded)
12 choice prunes, cooked, sugar

Cook oats in water until well done and press through a strainer or purée sieve. Return to saucepan, add water from prunes, salt and sugar to taste and pour onto whipped cream. Add almonds and prunes and serve at once. The cream may be omitted but then part milk in place of water should be used for cooking the oats. Raisins may be substituted for the prunes.

179. Apple and Rice Porridge

(6 servings)

⅝ cup rice
1 qt. water
6 large apples (lemon juice)
3-4 tablespoons sugar, salt

Pare, core and slice apples and add together with washed rice to the water in a double boiler. Cook until of a mushy consistency. Add

sugar and if desired lemon juice to taste and serve with rich milk. The porridge may be poured into a baking dish and the top covered with a meringue made from 2 egg whites and 5 tablespoons sugar. Brown in the oven and serve.

180. Rye Meal Mush
(8 servings)

Stir 2 cups coarse rye meal into 1½ qts. boiling water to which a scant tablespoon salt has been added. Beat until mush is very smooth, cover and cook for about 45 minutes while stirring occasionally. Serve hot with rich milk.

181. Clabbered Milk—*Filbunke*

For the best results in preparing clabbered milk use absolutely fresh milk. Bowls of china, glass or stone either of individual or larger size though the smaller ones are preferable, are best for this milk. Spread the bottom of each bowl with 1 teaspoon of sour cream which must not be so soured that it is harsh or lumpy. Set the bowls on a large tray in a warm part of the kitchen and carefully fill with the fresh milk poured from a pitcher. Cover tops with wax paper to keep out the dust. If no other warm place is convenient the bowls can be set in the oven after it has been used and is warm but no longer hot. If the milk has set by the following day put it away to chill, but if not set keep in a warm place a few hours longer. It should be thoroughly chilled before serving.

For a richer dish add part cream to the milk before souring, otherwise use whipped cream as a garnish. If milk is clabbered in a large bowl serve it from the bowl at the table.

For still another way to serve the clabbered milk, skim off the cream on top, beat, add a little rich sweet milk, then place a spoonful of this in each serving dish before adding slices of the clabbered milk cut with a large silver spoon. Garnish top of each dish with whipped cream.

If milk happens to curdle too much, beat it thoroughly, pour into individual bowls and serve with whipped cream.

Serve with sugar, ground ginger, finely broken hardtack, sour rye bread cut into dice or ginger cookies.

Soup Garnishes

182. Molded Dumplings

(6 servings)

2 tablespoons butter
6 tablespoons flour
2¼ cups rich milk, 1-2 egg yolks
5 bitter almonds, shredded, or
4-5 cardamom seeds, or
3 tablespoons grated cheese, salt

Make a thick white sauce of butter, flour and milk and cook several minutes, remove from fire, add beaten yolk and reheat stirring continuously. Season and flavor according to the kind of soup with which dumplings are to be served, bitter almonds for clear bouillon, cheese for thickened bouillon or cardamom for fruit soup.

183. Cheese Straws, Canapés and Croutons

Cheese canapés, sticks, straws of pastry dough or bread, and croutons toasted or fried in butter as used in Swedish cookery are prepared in the same manner as for American soups. Straws made of pastry dough may be twisted two and two or made into other desired shapes. See illustration on page 36.

184. Small Pastries

(12 servings)

Pastry dough: **¼ recipe No. 75**
3 eggs, beaten
1 cup cream
4-5 tablespoons grated cheese, or
4 bitter almonds, flaked and
10 almonds flaked

Line very small molds with thinly rolled pastry dough. Add cream to eggs and beat well, add almonds or cheese to taste and pour mixture into pastry forms about three-fourths full. Set on a baking sheet and bake in moderately hot oven until crust is done and filling set and lightly browned. Cool for a few minutes and carefully remove from molds. Serve on a napkin or doily.

185. Pastry Mushrooms with Cheese Filling

(6 servings)

Pastry dough: **⅛ recipe No. 75**
Filling: **3½ tablespoons butter**
3 oz. Roquefort cheese
1-2 tablespoons cream
few drops green coloring
flour for molds

Prepare pastry mushrooms as directed in recipe No. 75, using very small molds. Combine butter and cheese and force through a sieve, work in the cream to give a smooth consistency and add green coloring if desired. Force mixture through a pastry tube and fill mushroom shells. Stick a stem in the center of each mushroom. See illustration on page 36. Serve with clear or thick bouillon.

Other fillings such as chicken or wild game forcemeat may be substituted for the cheese filling. These pastries may also take the place of cheese and crackers, but in that case double the amount of dough and bake it in larger molds. These can be made in the shape of baskets by cutting strips of dough to resemble handles and baking on a rounded tin. See illustration page 36.

186. Crackers with Roquefort Cheese

(16 crackers)

16 oblong rye or wheat crackers
***Filling:* 5 tablespoons butter**
about 4 oz. Roquefort cheese
(1 teaspoon brandy, cayenne)
2 drops green coloring
2 tablespoons cream

Prepare a filling of cheese as directed in recipe No. 185. Use only enough coloring to get the suggestion of the green cheese. Force through a pastry tube onto the crackers. Very thin bits of celery cut crosswise may be used as a garnish. Serve with thickened soups or for afternoon tea.

187. Petit-Choux with Cheese Filling

Prepare a petit-choux dough using half of recipe No. 602. Force through a large fluted pastry tube to form oblongs about 2 inches in length on a buttered baking sheet. Bake in a moderate oven 15-20 minutes but do not brown.

Prepare a cheese filling after proportions and directions in recipe No. 185, but double the amount of cream and omit the coloring. If the mixture starts to curdle add 1 tablespoon hot butter. Cut a small slit in each end of the petit-choux and with a small paper funnel force some of the cheese filling into each opening.

Fowl forcemeat may be used in place of the cheese filling.

188. Forcemeat Garnish

(12-14 servings)

1⅓ lbs. bass, or pike (10 oz. scraped meat)
1½ egg whites
⅝ cup thick cream
1 teaspoon flour
salt, white pepper

Trim out fillets, wash and wipe dry, then scrape meat from the skin freeing it at the same time from all bone. Pound fish in a mortar and when fine add, a little at a time, the egg whites slightly beaten. Force through a sieve and beat in the cream, a teaspoon at a time to avoid curdling. In case of curdling add 1 tablespoon hot butter. Season and put mixture into a pastry bag. Force through a tube about the size of a finger and cut off into pieces about ½ inch long, letting each piece fall into hot bouillon or the stock from lobster (recipe No. 270). The forcemeat will spread out to round cakes about the size of a quarter. Cook about 2 minutes and then remove with a ladle or strainer and drain. The stock in which the forcemeat is cooked should be fairly salt to give the best taste. If not served at once reheat in a little stock.

This forcemeat garnish is especially suitable for soups made from shell fish.

189. Quenelles

(12 servings)

⅝ cup ground veal, or chicken
2 tablespoons butter
1 egg
½ tablespoon flour
6 tablespoons cream
salt, paprika, red coloring

Run veal or white chicken meat through meat grinder 5 or 6 times and then pound in a mortar together with butter and egg, adding these a little at a time. Add cream by teaspoons and lastly the flour and seasonings. A part of the farce may be tinted with red coloring. Force through a small fluted pastry tube into small rosettes fairly close together on a greased shallow pan. Add boiling salted water carefully at one edge until quenelles are covered. Set over a slow fire and cook about 5-6 minutes. Serve in bouillon or thickened soups.

190. Forcemeat Balls

(6 servings)

⅔ cup scraped beef and pork
2 small rusks, ½ cup cream
1 teaspoon flour, or 1 egg yolk
salt, white pepper, stock

Soak rusks in cream and mix with meat, pound in a mortar and gradually add flour or yolk, then force through a fine sieve. Form with two spoons into oval shaped balls and cook in salted stock for 7-8 minutes. Serve as a garnish in white or green cabbage soup.

191. Goose Liver Sausage

⅜ cup rice
2¼-2¾ cups milk
3 tablespoons seedless raisins
1 goose liver, or 2 duck livers
salt, white pepper
2 tablespoons sirup
1 teaspoon minced marjoram
1 slice yellow onion, minced
1 tablespoon butter
1 egg, beaten
neck skin of goose, or duck and
1 piece sausage casing

Cook rice in milk until almost done. Force liver through a sieve and combine with egg and cold rice. Cook onion in butter but do not brown. Wash raisins in hot water and then combine all ingredients. Sew one end of neck skin, fill with mixture and sew other end together. If duck neck is used sew casing over the end in order to make it large enough to hold mixture. Pierce skin with a darning needle and place with giblets in stock sufficient to cover sausage. Cook gently in uncovered pan about ¾ hour. The sausage should lie flat in the bottom of the pan so that it retains a good shape. Thoroughly chill before slicing.

The sausage may be served either as a garnish for soup or as an appetizer.

192. Egg Balls

(6 servings)

3 eggs, hard cooked
2 tablespoons butter
⅓ oz. morels, truffles, or mushrooms, salt, paprika

Cut cold eggs in two lengthwise and carefully remove the yolks, mix these with butter to form a paste, add seasonings and set to chill. Shape mixture into small balls with butter paddles. Roll balls in finely chopped mushrooms or truffles. Cut whites into strips with a notched knife and serve together with the balls as a garnish for soup.

193. Custard Royal

Whip together 2 eggs and 3 egg yolks and pour over them ⅝ cup

hot cream or stock while beating vigorously. Pour mixture into a buttered shallow mold or pan, set in hot water bath deep enough so that water rises higher than the mixture in the pan, cover and cook over a very slow fire or in a slow oven until custard has set, about 30-35 minutes. Chill and cut into squares, diamonds or other shapes and serve as a garnish in clear soup.

194. Rusks in Vanilla Cream

(6 servings)

8-10 round tender rusks
1 cup milk, salt
½ teaspoon vanilla
¾ cup thick cream

Add vanilla to milk, place rusks in milk until they are saturated, remove with a ladle and lay in layers in a large glass serving bowl with whipped cream between and on top. Chill and serve with fruit soups either hot or cold.

Fish

195. Fish

Fresh fish is at its best when newly caught. After scaling and cleaning wash but do not soak the fish in cold water. To remove fillets cut along the backbone, then carefully run knife under close to the bones and through the skin, cutting one fillet at a time. Lay each fillet skin side down on a board and with a sharp knife cut the flesh away from the skin.

To boil a whole fish place it in cold salted water, the amount of salt depending upon the kind of fish and the taste. A perforated or loose bottom to fit the kettle is desirable as it helps to keep the shape of the fish and to lift it from the kettle.

To make a stock in which to cook the fillets, thoroughly wash the rest of fish including heads, cover with water and add a few diced root vegetables, a slice of yellow onion and a few dashes of salt. Simmer for one hour and when done strain the stock, season to taste and add a little dry white wine. Place the fillets in a deep frying pan and cover with the stock. Crease a buttered or parchment paper over the top and simmer until fillets are tender. The fillets may be cooked in a low

casserole in the oven if preferred. When done reserve the stock to use as a basis for sauce.

To boil pieces of large fish or whole small fish immerse them in hot salted water and simmer slowly. Very slow cooking improves the flavor and appearance of fish and gives a finer, clearer fish stock. If the fish starts to cook too briskly cool it off by adding a little cold water.

To fry a whole large fish place it in a well buttered shallow baking dish or pan and bake in a hot oven (450-500° F.). Baste occasionally with melted butter, cream or fish stock depending upon the kind of fish and method of serving it. To fry small pieces of fish dip them first in beaten egg diluted with 1 tablespoon cold water and then in fine bread or rusk crumbs, or in crumbs and flour sifted together, and sauté slowly in butter or butter and oil until tender and golden brown.

For deep fat frying of small fish, fillets or pieces of large fish, dip them first in salted milk, then roll in sifted flour or dip in a thin batter (recipe No. 532). Place the fish in a frying basket, immerse in hot fat, fry until a light brown in color and drain on absorbent paper. If no special sauce is to accompany the fish pour a little browned butter over it just before serving.

Fish au gratin is the most satisfactory way to utilize left-over fish. If the quantity of fish is scant add other ingredients such as mushrooms, cooked vegetables or macaroni. Arrange the ingredients to be used in layers in a casserole or baking dish, season and add enough medium thick white sauce (recipe No. 70) to cover. Sprinkle top with sifted crumbs, grated cheese and melted butter and bake in a fairly hot oven until light brown on top.

To pepare glazed fillets place them after cooking on a silver platter and pour over them a sauce rich in butter, place platter in ¼ inch water bath and set in a very hot oven. A golden yellow glaze forms almost at once so watch the fish carefully. If a sauce with less butter is preferred sprinkle the fish with a thin layer of finely grated cheese and melted butter after pouring on the sauce and set in a fairly hot oven to form a light crust.

196. Boiled or Steamed Fresh Water Fish

After scaling and cleaning the fish follow the general directions for

boiling or steaming with variations for certain fish as indicated in the following directions:

Pike or Pickerel: Rub the clean fish with salt and vinegar. Lay with back down in a circle on a fish rack in cold salted water (1 tablespoon to 1 qt. water) and cook gently for 30 minutes or until tender. Serve with melted butter and horseradish, or with horseradish sauce made from fish stock and with boiled potatoes.

Bass: Cook in same way as directed for pike, using ¾ tablespoon salt to each qt. of water. Serve with fish sauce (recipe No. 263), with Hollandaise sauce, or with melted butter and chopped egg and with boiled potatoes.

Salmon: Cover with water and add (for 5½ lbs. fish) 3 tablespoons weak vinegar, 1 sprig dill, 12 peppercorns, 1 slice yellow onion, 1 bay leaf and 6 tablespoons salt. Cook gently 30-35 minutes and when done carefully trim out the fillets. Turn fillets with skin side up onto serving platter, garnish with dill and serve with Hollandaise sauce and small boiled potatoes. Reserve the stock for cooking other fish such as bream, whitefish and herring.

Char, Trout or Whitefish: For 3½ lbs. of fish prepare a stock by cooking for 40-50 minutes 3 qts. water, 6 tablespoons salt, 6 peppercorns, 3 tablespoons weak vinegar, 1 slice yellow onion, 1 diced carrot and 1 sprig dill. Strain and chill the stock. When cleaning the fish cut it open as little as possible, using a long handled spoon if necessary to remove the entrails. Lay a carrot inside of each fish to help keep the shape while cooking. Wrap fish in parchment paper or cheese cloth and cook gently in the prepared stock about 25-30 minutes or until tender. Drain fish and lay on an oblong platter, garnish with parsley and serve with Hollandaise or Mousseline sauce and small boiled potatoes.

Carp: When cleaning fish reserve the roe or milt. Sprinkle with salt and allow to stand for a while, then wash again. Lay in hot weak vinegar (¾ cup to 3½-4 lbs. fish) for 12-15 minutes, turning two or three times to coat fish well. Wrap a piece of parchment paper around the head, lay fish and roe on a rack and immerse in water to cover. Add ½ bay leaf, 10 peppercorns, 2 tablespoons vinegar and salt as needed, cover and cook gently for 25-30 minutes or until fish is tender. Drain and place on serving platter. Slice the roe and lay some on each

side of the fish. Garnish with parsley and serve either hot or cold with horseradish sauce (recipe No. 306) and boiled potatoes. If fish is cooked in pieces allow only 14-15 minutes for cooking.

197. Baked Fillets of Pike or Bass

(6 servings)

4 lbs. pike, bass or pickerel
3 teaspoons salt
7-8 tablespoons grated Parmesan cheese
1 cup thick cream
1⅜ cups thin cream
3½ tablespons sifted crumbs
3 tablespoons butter

Clean fish and trim out fillets but do not skin, rub with salt and allow to stand a couple of hours. Lay fillets flesh side up in a well greased shallow pan. Combine cream, cheese and crumbs, spread over the fillets and bake in a hot oven (475° F.) 30 minutes or until tender, basting 3 or 4 times during baking. The gravy in the pan should be a light brown. Lay fillets in parallel rows on a long platter, beat up the gravy in the pan, thinning if necessary with milk and pour onto fish. For a more elaborate dish add mushrooms to the gravy and top the fillets with a thick rich mushroom sauce.

198. Baked Larded Fillets of Pike

(6 servings)

4 lbs. pike, 1 tablespoon salt
1 slice onion, ½ teaspoon pepper
8 anchovies, cut into fine strips
1 sour gherkin, cut into strips
sifted light crumbs
1 egg, or 1 white and water
2 tablespoons flour, butter
about 1½ cups cream, or fish stock

Fish may be baked whole or as fillets but the latter is recommended. Trim out the fillets, cut away from skin, season and allow to stand for a while. Cook a stock of the remainder of the fish, water and onion. Lard the surface of the fish in even rows with gherkin and anchovy, brush with egg and dip in crumbs mixed with flour. Lay fish in melted butter in a long baking pan, baste with the butter and bake in a fairly hot oven (about 450° F.) for 25-30 minutes or until done. Baste during baking first with cream and then with the fish stock.

Remove fish to a deep platter, beat the pan gravy well and pour over it. Serve with boiled or riced potatoes.

199. Baked Pike à la Ingeborg

(6 servings)

4 lbs. pike, or pickerel
1 tablespoon salt
1 slice fat pork, cut into lardoons
1 egg, sifted crumbs
2 tablespoons butter

Basting: 2 cups thin cream
Garnish: 7 oz. shallots, or small pickling onions
2 tablespoons butter
1 teaspoon sugar

After scaling and cleaning the fish insert the lardoons first rolled in salt in even rows along the back. Rub a little salt on the inside of the fish, brush outside with slightly beaten egg (diluted with cold water) and roll in crumbs. Place fish with back up in a well greased baking pan and bake in a fairly hot oven (about 450° F.) for 30-35 minutes or until tender. When the fish starts to brown baste every few minutes with cream.

Cook shallots or pickling onions in slightly salted water 8-10 minutes, drain and turn into frying pan with butter, sprinkle with sugar and cook until light brown and tender.

Remove fish to a long platter, add a border of onions and pour well seasoned pan gravy over the fish. Serve with boiled potatoes.

200. Pike with Forcemeat Stuffing

(6-7 servings)

1 pike, or pickerel (4 lbs.)
2 teaspoons salt
Farce: ⅓ lb. scraped fish
5 tablespoons butter
1 large egg
1 tablespoon flour
⅝ cup cream, salt, pepper
10 crayfish (meat and roe)
egg, sifted crumbs
2-3 tablespoons butter

After scaling and cleaning the fish cut a slit down the back and trim meat from the bone. Lay fish open with flesh side up on a board and carefully scrape off enough meat to make ⅓ lb. Pound the raw meat together with butter in a mortar and gradually add the egg, flour, cream and seasonings mixed together, at the same time beating vigorously. For a very delicate farce pass the mixture through a fine sieve. Add crayfish meat and roe, stuff the fish with the farce, sew up the back with close stitches, then brush with beaten egg, roll in crumbs and sprinkle with melted butter. Place in a well greased long baking pan and bake about 40-45 minutes (425-450° F.). Baste with a stock made

from the bones of the fish. When tender remove to a platter, garnish with lettuce leaves, shrimps and parsley and serve with a fish sauce.

Instead of the crayfish, lobster, shrimps or mushrooms may be used in the farce but in such case serve an appropriate sauce.

201. Baked Bass

(6 servings)

1 bass (3½ lbs.), salt
2-3 tablespoons butter
1 small can sardines
2 egg yolks, 1 slice onion
1 teaspoon minced parsley
crumbs, about 1 cup white wine

Scale and clean fish removing gills but not the heads, rub with salt and allow to stand 1 hour. Wipe dry and score diagonally across each side with 3 or 4 light cuts. Work butter and sardines into a paste, add yolks, onion and parsley. Place fish in a well greased baking pan, spread with sardine mixture, sprinkle with crumbs and bake in a hot oven (about 450° F.) for 30 minutes or until tender. Baste occasionally with white wine. Remove to platter, beat pan gravy and pour over the fish. If preferred a mushroom or crayfish sauce may be served separately, otherwise serve with a lettuce and tomato salad with French dressing and with small parsley potatoes.

202. Pike or Bass à la Homberg

(6 servings)

3½ lbs. pike, or bass
3 tablespoons butter
1 egg yolk
4-5 tablespoons strong cheese
3 tablespoons white crumbs
2 tablespoons lobster butter
1¼ cups thin cream
¾ cup thick cream

Skin fillets of bass or pike, rub with salt and allow to stand for 2 hours. Cook a fish stock of the head, bones and skin seasoned with salt, peppercorns and onion as directed in recipe No. 195.

Roll fillets in a mixture of the yolk, 1 tablespoon melted butter and grated cheese, dredge with crumbs and place in a greased baking pan. Melt lobster or crayfish butter (recipe No. 270) and pour over the fish, add cream and bake in a hot oven (about 450° F.) 25-30 minutes or until tender. While baking baste with the fish stock. Remove to a platter, beat the pan gravy and if necessary strain it, season to taste and pour over the fish.

For a more elaborate dish use mushroom sauce, but in such case reduce the amount of cream for baking. For a simpler dish omit lobster butter and yolk, and increase the amount of cheese.

203. Stewed Perch

(6 servings)

7 medium sized perch
4 tablespoons butter
1 sprig parsley, minced
3-4 sprigs dill, minced
1 tablespoon salt, 1¼ cups water
2 tablespoons flour, (1 egg yolk)

When cleaning the perch remove gills but not the heads, rub with salt and allow to stand a while. Sprinkle bottom of well greased baking pan with parsley, place fish close together in a row in the pan and sprinkle with dill and parsley. Mix flour with water to form a paste and pour over the fish, cover tightly and simmer for 15-20 minutes or bake in a moderate oven until tender. When done remove fish to a platter laying all heads in one direction. Beat pan gravy, season and if too thin stir it into a beaten yolk and reheat. Pour the gravy over the fish and serve with boiled potatoes.

204. Fried Perch Fillets

If perch are very small fry them whole, otherwise trim out fillets, cut from the skin, rub with salt and allow to stand for a while. If cooked whole score the fish on both sides. Dip in beaten egg and water and roll in fine crumbs mixed with a little flour. Fry fish slowly in butter and oil, turn onto a serving platter, pour on a little browned butter and serve with browned potatoes or other vegetables.

Instead of egg the fish may be dipped in tomato purée.

205. Eelpout Stewed in Wine

(6 servings)

4½ lbs. eelpout, or burbot
1¼ teaspoons salt
½ cup butter
⅝ cup sifted dry crumbs
1¼ cups water, 1⅛ cups white wine
1 teaspoon lemon juice

Scale and clean fish reserving heads, livers and roe, rub with salt and cut into uniform pieces. Arrange pieces and heads in layers in a well greased and crumbed deep frying pan. Sprinkle crumbs and melted butter between the layers and over the top pour wine and water to just

cover the fish. Crease a buttered or wax paper over the top and simmer for 25-30 minutes, or if preferred bake in a moderate oven.

Cook livers and roe separately in lightly salted water for 20 minutes, then lay on top of the fish to finish cooking. Carefully remove fish with a ladle to a covered serving dish. Beat pan gravy, add lemon juice, season to taste and stir in a few dabs of butter before pouring it over the fish. Slice liver and roe and arrange in attractive overlapping rows on top of the fish.

206. Cold Salmon in Aspic

(25-30 servings)

1 salmon (9-10 lbs.)
7 qts. water, 5/8 cup salt
1 5/8 cups weak vinegar
2-3 slices yellow onion
1 carrot
1 large sprig dill
***Aspic:* 1 1/2 qts. fish stock**
2 1/3 tablespoons gelatin
2 tablespoons vinegar
2-3 egg whites

Scale and clean fish but do not remove the head. If fish is to be served on two platters, cut it in two lengthwise, using a cleaver to cut the head. If cut in two remove all bones possible. Heat water together with seasonings and simmer for a while, then immerse fish placed on rack, heat, skim and simmer until tender, about 45 minutes for whole fish and 25-30 minutes for halves. Do not let the fish cook to pieces. Allow it to chill in its own stock, then drain, lay with skin side up on long platters and wipe surface with a cheesecloth.

By cutting away bits of skin with a sharp knife make an attractive design on the middle part of the fish. Where the skin has been cut away spread the surface with very stiff mayonnaise and in this place bits of cooked beet, leek leaves or other vegetables cut to represent leaves, stems and flowers. Prepare the gelatin aspic as directed in recipe No. 374 and just when it starts to jell drop by spoonsful slowly on the fish, then set in a cold place to stiffen. Garnishes for the platters may be dipped in aspic and allowed to stiffen. Serve with the fish mayonnaise or thick sharp sauce (recipe No. 304) made without oil and small boiled potatoes. Peas, asparagus tips, diced string beans or cubed tomatoes may be added to the mayonnaise.

When preparing only a slice of salmon for a smaller number of servings allow correspondingly less time for the cooking. Cut out the two

fillet pieces and lay beside each other on platter. Garnish with sliced cucumbers, tomato sections and lettuce or other greens.

Any left over fish stock may to advantage be used for cooking other fish such as herring or mackerel.

Salmon with Mayonnaise and Vegetables: (12-15 servings). Cook 5 lbs. salmon in same manner as for salmon in aspic but add to the water while cooking 10 peppercorns, 2 slices of onion, 1 sprig dill and salt. After chilling in its own stock lay skin side up on platter and spread with mayonnaise made with wine vinegar. Over the top lay overlapping slices of cucumber in 3 or 4 rows, between these add strips of tomato and around the fish arrange a border of cold cooked asparagus, small carrots, string beans, and potatoes cut into fancy shapes. Serve additional mayonnaise in a separate bowl.

Any left over cold salmon may be combined with other ingredients such as capers, hard cooked eggs, tomatoes, celery, seasonings and a dressing and served as salad.

207. Baked Salmon

(12-15 servings)

1 salmon (5½ lbs.)
***Marinade:* 2 tablespoons oil**
2 tablespoons vinegar
2 tablespoons salt, pepper
egg and water, sifted crumbs
3 tablespoons butter

Prepare fish in same manner as described for salmon in aspic leaving the fish whole or cutting it in two lengthwise. Marinate 1-2 hours in oil dressing basting occasionally with the dressing. Wrap parchment paper around the head and place in a well greased pan, if in halves with skin side up. Brush with egg, dredge with crumbs and bake in a hot oven (450° F.) about 50-55 minutes or until tender, if halves only 20-25 minutes. Baste several times with butter in the pan and marinade. Remove to platter and garnish with small slices of cucumber laid zig-zag over the fish, a couple of lettuce leaves laid by the head and small boiled potatoes to the side. Serve separately a caper sauce, thick sharp sauce, or remoulade sauce and cucumbers in vinegar.

208. Smoked Salmon with Poached Eggs

(6 servings)

Cut cold smoked salmon into thin slices, roll and set on end in a row

through the middle of an oblong platter. Stick little sprigs of dill in the top of each roll. Around the salmon place hot poached eggs. Serve as an accompaniment to boiled or creamed spinach.

209. Small Trout with Aspic Coating

(12 servings)

12-14 small trout, 2 qts. water
4½ tablespoons salt
soup vegetables, cubed
10 peppercorns, 1 bay leaf
Aspic: 2¾ cups fish stock
2⅓ tablespoons gelatin
2 egg whites, 1 tablespoon vinegar
Garnish: 2⅜ cups fish stock
1½ tablespoons gelatin
1 egg white, 1 teaspoon vinegar
7 oz. cooked shrimps

Prepare trout as directed for boiling in recipe No. 196. Cook a stock of water, seasonings and vegetables and strain. Lay fish close together with backs up in a frying pan, place a tin on top to keep them in this position, add stock enough to cover and simmer for about 8 minutes. Allow fish to cool in the stock, then remove, drain, place on platter and garnish tops with shrimps. Prepare aspic as directed in recipe No. 374 and when just ready to jelly pour slowly over the fish. At the same time pour gelatin mixture for garnish in a shallow dish and set both in cold place to stiffen. Dice the garnish gelatin and place around the fish as a border. With a small fancy cutter make a few leaf shapes and lay around the edge of the platter. Serve with remoulade or tartare sauce, or with mayonnaise to which cubed tomatoes have been added.

If preferred, the trout may be skinned before coating with aspic but this must be done immediately after cooking.

Char in Aspic: Cook 3½ lbs. char as directed in recipe No. 196, using 2½ qts. water, 4 tablespoons salt, 6 peppercorns, a few cubed soup vegetables and 1 slice yellow onion. Allow fish to cool in the stock, then place on platter and garnish with shredded spinach leaves. Along the back lay small circles of hard cooked egg first dipped in aspic. When these have set pour aspic over fish in same manner as directed for trout. Since less aspic is needed for this fish use only 2 cups fish stock, 1 tablespoon gelatin, 1 egg white and 1 teaspoon vinegar.

210. Bream with Aspic Coating

(6-7 servings)

1 bream (4½ lbs.)
1½ tablespoons gelatin

3 qts. water, 4 tablespoons salt
3 tablespoons weak vinegar
1 bay leaf, 15 peppercorns
Aspic: 3⅛ cups fish stock
2 egg whites
1 tablespoon vinegar
Garnish: 2 cooked carrots
thin strings of horseradish

Scale and clean fish, remove gills but not the head, and reserve roe. Immerse together with seasonings in water and simmer for 20 minutes or until tender, then chill in its own stock.

Prepare aspic and coat fish as directed in recipe No. 209. Garnish fish before coating with thin slices of carrots laid in overlapping rows and strings of horseradish. Serve with horseradish sauce. Any aspic not used for coating may be allowed to stiffen in a shallow dish, then diced and placed around the fish before serving.

211. Bream or Carp Cooked in Wine

(6 servings)

1 bream, or carp (4½ lbs.)
Sauce: 2 tablespoons butter
2 tablespoons flour
1½ cups red wine
veal or beef stock, salt
½ bay leaf, 8-10 peppercorns
chopped yellow onion
lemon juice

Prepare the fish in the same manner as for boiling (recipe No. 196). Make a sauce of butter, flour and wine, adding enough stock so that the sauce will cover the fish. Place fish (and roe) in the sauce, add seasonings and simmer about 50 minutes or until fish is tender. Remove to a platter and garnish with slices of roe and lemon. Strain sauce, season to taste and if too thin thicken with 1-2 tablespoons of flour stirred to a paste with a little cold water. Serve with boiled potatoes.

212. Baked Bream

(6 servings)

1 bream (4-4½ lbs.)
2 tablespoons butter
1 tablespoon salt
1 egg yolk, a few chives
2 sprigs parsley
white bread crumbs
1 tablespoon butter
6 tablespoons wine, water

Prepare fish in same manner as for baked bass (recipe No. 201). After placing in well greased baking pan spread with a mixture of chopped chives, parsley, salt, yolk of egg and moist crumbs, dot with butter and baste with wine diluted with water. Bake in a fairly hot oven (425-

450° F.) for about 40 minutes. Remove to a platter, garnish head with parsley and serve with a caper or mushroom sauce and small boiled potatoes.

213. Jellied Eel

(6 servings)

3½ lbs. eel, salt, 1 qt. water
3 tablespoons weak vinegar
8 peppercorns, 1 sprig dill
1 tablespoon gelatin, 2 egg whites

Select preferably live eel and kill by separating the head from the body. Loosen skin around the head and with a cloth held in the hand pull off the skin, with a strong jerk if necessary. Cut the fish open, clean and wash thoroughly, remove fins and wipe dry. Rub 1 tablespoon salt into fish and allow to stand a couple of hours.

Cut the eel at a slant into slices about 2 inches wide, place in water which has first been cooked up with the seasonings, cover and simmer 45-50 minutes. Remove fish with a perforated ladle, skim stock and strain. Prepare aspic as directed in recipe No. 374 and when just about to stiffen pour slowly over the eel. Set in a cold place until the following day. Serve with vinegar or with a sharp sauce (recipe No. 304).

214. Baked Eel

(6 servings)

Prepare fish as directed for jellied eel, remove backbone without cutting through the back, wipe dry, rub with salt and drip the juice of ½ lemon over it. If fish is very long cut in two, spread out with flesh side up in a greased baking pan and bake in a hot oven (about 450° F.) for 50-60 minutes. Add a little hot water if needed during baking and baste fish with pan juice every 10 minutes. When done remove to a platter, slice at a slant and serve hot or cold with sharp sauce (recipe No. 303) seasoned with mustard and dill.

215. Fillet of Sole à la Bagge

(12 servings)

4½ lbs. sole (flounder), or bass
4 teaspoons salt
3 tablespoons Worcestershire sauce
⅔ cup butter
1 large can mushrooms
1 tablespoon minced dill
½ tablespoon minced chives
2 tablespoons sifted crumbs

Trim out the fillets, remove skin, rub with salt and allow to lie for a

while. Cook sliced mushrooms in butter. Lay fillets in a row on a well buttered silver or baking dish, sprinkle with Worcestershire sauce, mushrooms, dill, chives and lastly the crumbs. Dot well with butter and bake in a hot oven (475° F.) for 25 minutes or until tender. Garnish with chopped parsley and serve at once with Hollandaise sauce to which has been added ⅜ cup thick whipped cream and 2 tablespoons Worcestershire sauce, and with fancy cut boiled potatoes.

For a less elaborate dish use small cod, haddock or like fish and a mock Hollandaise flavored with a little white wine.

216. Choice Delicacy of Sole

(12 servings)

4½ lbs. sole (flounder)
***Stock:* soup vegetables, salt**
2 slices onion, fish bones
⅝ cup white wine
⅔ oz. dried morels (or truffles)
1 large can mushrooms
7 tablespoons butter

***Sauce:* 2 tablespoons butter**
3 tablespoons flour
concentrated mushroom liquor and fish stock, salt
3-4 egg yolks
four spices (see glossary)
9-10 ozs. butter, washed

Prepare and cook fillets 4-5 minutes in stock as directed in recipe No. 195. Remove with a griddle turner and place on cheesecloth to drain. Place on a large buttered platter or silver serving dish, preferably large enough so that fillets do not overlap.

Prepare morels if available as directed in recipe No. 288, then fry in 2 tablespoons butter. Cook mushrooms in remaining butter and in meantime reduce mushroom liquor by slow simmering. Spread morels, mushrooms and butter over the fish. Prepare a white sauce of the butter, flour and liquid and when thickened remove from fire. Beat in yolks one at a time and reheat while beating vigorously. Cool partially and beat in dabs of butter. If the sauce starts to separate set over the fire and beat thoroughly until smooth. Season and spread over the fish. The sauce should be thick enough to hold its shape.

With a fluted pastry tube make a border of potato rosettes (recipe No. 440) around the fish and 15 minutes before serving set in the oven to heat and brown. This dish may be prepared a while in advance and then reheated and browned when to be served. Additional potato may be served separately.

Sole aux Gourmets: Instead of the morels and mushrooms spread the fish with a mixture of the finely sliced meat from 1 cooked lobster (including coral), 1 can clams sliced and 1 small can mushrooms sliced and cooked in butter. If more lobster is used the clams may be omitted. Follow same procedure as given in preceding recipe.

The head of the lobster makes an effective garnish for the center of the serving dish.

217. Fillet of Sole in Red Wine

(10-12 servings)

4½ lbs. sole (flounder)
1 tablespoon salt
3-4 chopped pickling onions
2 sprays parsley, ¼ bay leaf
1 sprig thyme, or chervil, (garlic)
1¼-1⅝ cups good red wine
mushroom liquor, ¾ cup water
***Sauce:* 2⅜ cups fish stock**
4 tablespoons flour
2 tablespoons butter
(lemon juice, red wine)
***Garnish:* 1 can mushrooms, butter**

Follow directions in recipe No. 195 for preparing stock and cooking fillets. When tender, after about 10-12 minutes cooking, remove carefully and drain. Strain stock and reduce further unless it then becomes too salty. Prepare a white sauce of the butter, flour and liquid, stir well and cook until smooth and thickened. Remove from fire and stir in dabs of butter, also red wine and lemon juice to taste if so desired. In meantime cook the sliced mushrooms in 2 tablespoons butter.

Place fillets in a row on a platter, cover with sauce, surround with a border of mushrooms and set in oven a couple of minutes. Serve with riced potatoes.

218. Fillet of Sole à la Portuguese

(6 servings)

3 sole, or flounder (3 lbs.)
5-6 tomatoes, peeled
½ yellow onion, chopped
salt, dash of pepper, sugar
1 small can mushrooms, or fresh mushrooms, cooked
2-3 tablespoons butter
***Sauce:* 2 tablespoons butter**
3 tablespoons flour
mushroom liquor, fish stock
2-3 tablespoons unsalted butter
4 spices (see glossary), (lemon)

Cook onion in 1 tablespoon butter slowly until tender but not browned. Cut tomatoes in two, remove seeds, slice and add to onions.

Season to taste with salt, pepper and sugar, cover and simmer gently, shaking occasionally to keep tomatoes from sticking. Heat sliced mushrooms in butter and add to onion and tomatoes.

Prepare and cook fillets in stock as directed in recipe No. 195. Add a little condensed mushroom liquor to the stock before cooking the fish, simmer gently 10-12 minutes, then remove fillets and drain. Cook sauce as directed in recipe No. 265. Place fillets diagonally on the platter, surround each fillet with a narrow border of the tomato mixture as a garnish and add sauce, being careful not to disturb the garnish. Serve together with remainder of sauce in a separate dish and with boiled potatoes.

Fillet of Sole with Clams: Prepare and cook fillets as directed in the preceding recipe. Heat either canned or cooked fresh clams in butter. Prepare a white sauce using 1½ tablespoons butter, 2 tablespoons flour, fish stock in which fillets were cooked, 2 yolks, white wine and seasonings (recipe No. 261). Place fillets on platter, cover with the thick sauce and add clams on top or as a border. Serve with boiled potatoes.

219. Breaded Fillet of Sole with Tomatoes

(6 servings)

3 sole, or flounder (3-3½ lbs.)
salt, 1 egg, sifted crumbs
***Frying:* 2 tablespoons oil**
2 tablespoons butter
3 tomatoes, peeled
1 small can mushrooms, sliced
1 teaspoon minced shallots
salt, pepper, minced parsley
1 tablespoon butter
***Sauce:* 2 tablespoons butter**
3 tablespoons flour
1¼ cups dark meat stock, salt
mushroom liquor, four spices
1 tablespoon tomato purée

Prepare fillets as directed in recipe No. 195, cut in two, dip in beaten egg diluted with cold water, roll in crumbs and allow to stand until egg has set. Sauté to a golden brown in oil and butter. Cut tomatoes in two crosswise and set in a shallow baking pan, spread with thinly sliced mushrooms, onion, butter, a bit of parsley and seasonings and bake in a moderate oven until tender.

Cook a sauce of the butter, flour and liquid and season. Place fillets in rows on platter, set tomato halves diagonally across and serve together with the sauce and small boiled potatoes in separate dishes.

220. Boiled or Steamed Salt Water Fish

After scaling and cleaning the fish follow the general directions for boiling or steaming (recipe No. 196) with such variations as indicated in the following directions:

Flounder, Turbot or Brill: Clean and wash fish, do not remove head, brush dark side and scrape light side with knife, trim off fins and wash again. Lay fish with light side up on rack and immerse in boiling salted water (1½ tablespoons to 1 qt. water). When water reaches boiling point reduce heat and simmer for about 30 minutes or until fish is tender. Drain and lay fish with light side up on platter preferably with a rack and napkin under, garnish with parsley and serve at once together with small boiled potatoes. Serve separately a Hollandaise, white wine or Portuguese sauce.

Halibut: (6 servings). Clean and wipe 2 lbs. halibut, dip dark side into hot water, scrape and rub with lemon juice and salt. Cook for ½ hour a stock of 2 qts. water, ¼ cup weak vinegar, 1 sliced yellow onion, 2 tablespoons salt, 10 peppercorns and a bouquet of parsley and ½ bayleaf. Place fish on a rack and immerse in the stock, bring to a boil and simmer for about 30 minutes or until tender. If the fish is sliced, less time is required. Remove fish to platter and garnish with parsley and lemon. Serve with boiled potatoes, butter and chopped egg sauce (recipe No. 267), mushroom or Hollandaise sauce.

Cod or Haddock: Clean and wash fish thoroughly, drain or wipe dry and rub with salt and vinegar. Place on rack and immerse in cold water, heat and simmer for about 20 minutes or until tender but not overdone. Serve at once with boiled potatoes and mustard sauce, with melted butter and chopped egg or with melted browned butter. Very large cod may be cut into thick slices and cooked about 7 minutes in well salted water (4½ tablespoons salt to 1 qt. water).

221. Fillet of Brill with Egg Sauce

(6 servings)

1 brill, or flounder (3¼ lbs.)
***Sauce:* 2 tablespoons butter**
3 tablespoons flour, salt
fish stock and cream, paprika
2 hard cooked eggs, chopped
1 teaspoon minced parsley

Cook fillets in stock prepared as directed in recipe No. 195 for 20-25

minutes. Prepare a fish sauce as directed in recipe No. 264 to which a beaten yolk may be added if sauce seems too thin. Season and pour over cooked eggs and parsley. Place fillets on a platter and pour over them part of the sauce. Serve separately rest of sauce and boiled potatoes.

222. Fillet of Brill Waleska

(6 servings)

1 brill, or flounder (3½ lbs.)
Sauce: 1½ tablespoons butter
3 tablespoons flour
rich fish stock
rich mushroom liquor
1 small can lobster meat
1 small can mushrooms
3 tablespoons grated cheese

Cook fillets in stock prepared as directed in recipe No. 195 for 15-18 minutes. Cook sliced mushrooms in butter. With rest of butter cook a mushroom sauce (recipe No. 265) and when smooth and thickened add mushrooms and diced lobster meat, then season to taste. Place fillets on a platter, spread with sauce, sprinkle with cheese and a tablespoon melted butter and set in a hot oven for a few minutes to brown. Garnish with a border of lemon slices and serve with riced potatoes.

Haddock may be substituted for brill and shrimp for the lobster.

Flounder or Brill au Gratin: (6 servings). Prepare fillets as directed in preceding recipe but use twice the amount of wine in the stock in which they are cooked. Cook a mock Hollandaise sauce (recipe No. 260) beating in last 6 tablespoons of thick cream. Place fillets on a platter, add 5 or 6 oz. of cooked shrimps first soaked in milk several hours and 5 or 6 large hot mushrooms cut into slices. Cover with the sauce and just before serving set in a hot oven to brown. Serve small boiled potatoes separately.

223. Sautéd Brill or Turbot

(6-8 servings)

4½ lbs. brill, or turbot
milk, salt, ½ teaspoon pepper
1 tablespoon salt, flour
2 tablespoons butter
2-3 tablespoons oil
Sauce: 2 tablespoons butter
3-4 tablespoons flour, stock
⅜ cup cream, 1-2 yolks
four spices (see glossary), salt
1 small can mushrooms, chopped
Garnish: small potatoes, butter
minced parsley

Scrape fish and dip quickly in hot water, remove head, clean and wash well, then cut into halves lengthwise and each half into 3 or 4 pieces. Soak in salted cold milk for ½ hour, drain and roll in flour mixed with salt and pepper. Sauté slowly in butter and oil, about 15-18 minutes, the time depending upon the size of the pieces.

Cook a fish stock on bones, head and skin as directed in recipe No. 195, strain and season. Heat mushrooms in butter and with the same butter and the stock cook a mock Hollandaise sauce (recipe No. 260). Place fish on a platter, add a border of parsley potatoes and serve with sauce in a separate bowl.

224. Baked Halibut

(6 servings)

2¾ lbs. halibut
2 teaspoons vinegar
1 tablespoon salt
2-3 tablespoons butter
egg, fine crumbs
fish stock or water, ½ lemon
1 tablespoon flour
2 tablespoons cream

Prepare halibut in same manner as for boiling, rub with vinegar and salt and lay with skin side down in a well greased shallow baking dish. Brush with beaten egg, sprinkle with crumbs and dot with butter. Bake in a hot oven (about 450° F.) for 30-40 minutes. When fish starts to brown baste every 10 minutes with a little hot stock. Remove fish to a platter, strain pan juice, add lemon juice and thicken with flour mixed to a paste with cream. Serve this sauce over the fish, or if preferred use a caper or Hollandaise sauce instead. Serve with riced or boiled potatoes.

225. Marinated Halibut Fried

(6 servings)

2¾ lbs. halibut (middle slices)
1½ tablespoons salt, pepper
½ yellow onion, minced
⅝ cup weak vinegar
egg, 1 tablespoon oil
sifted crumbs
butter, oil
browned butter, lemon slices

Wash, skin and bone fish, cut into thick slices, pound lightly and rub with salt and pepper. Place slices beside each other on a plate, spread with onion, add vinegar and allow to stand about 2 hours. Wipe fish, dip in egg, roll in crumbs until well covered and allow to stand again

until egg has set. Fry fish in deep fat (375° F.) or sauté in butter. Arrange slices on a platter and pour over them melted browned butter. Garnish each piece with a slice of lemon and serve with riced potatoes.

Instead of browned butter a caper or mushroom sauce made with fish stock and cream may be served separately.

226. Whiting Fillets in Fritter Dough

(6 servings)

Trim fillets from whiting or any other similar fish, remove skin, rub with salt and allow to stand for a couple of hours. Prepare a fritter dough (recipe No. 532), stirring until perfectly smooth, preferably with a wooden spoon. The batter must be thick enough to coat the spoon. Wipe fillets with a cheese cloth, turn each piece in batter, twist like a spiral and carefully drop into hot fat (375° F.). Turn with a perforated spoon and fry until light golden brown. Cook only a few fillets at a time. Drain, arrange on a warm platter and garnish with fried parsley (recipe No. 478). Serve with a green sauce and riced potatoes.

If the batter does not easily adhere to the fish, brush first with sifted flour.

227. Haddock au Gratin

(6 servings)

whiting, 1-2 shallots, or
½ yellow onion, chopped
3 tablespoons butter
¾ cup canned mushrooms
3 tablespoons white wine
3½ lbs. small haddock, cod or

Sauce: **1½ tablespoons butter**
3 tablespoons flour
fish stock and rich milk, salt
four spices (see glossary)
sifted crumbs, melted butter
minced parsley, lemon juice

Trim out the fillets, remove skin, rub with salt and allow to stand for a couple of hours. Sprinkle the bottom of a well greased baking dish with shallots or onion, add a layer of sauce (recipe No. 70), arrange fillets in the sauce, pour on the wine and add the rest of the sauce. Sprinkle with crumbs and melted butter and bake in a hot oven (450° F.) about 15-20 minutes or until browned. Garnish with parsley, add lemon juice and serve hot with boiled potatoes.

228. Rolled Fillets of Cod with Anchovies

(6 servings)

3¾ lbs. small cod, haddock, or whiting, lemon juice, or vinegar
1 tablespoon salt
6-8 anchovies
1 egg, sifted crumbs
1½ tablespoons flour
2 tablespoons butter
1 cup cream, fish stock

Trim out the fillets and cut away the skin (recipe No. 195). Sprinkle fish with a little vinegar or lemon juice and allow to stand 1 hour, then rub with salt and if fillets are large cut into halves. On each piece of fish lay one or two cleaned boneless fillets of anchovies, roll each piece and fasten with a small skewer or toothpick. Dip each roll in egg diluted with cold water and then in crumbs mixed with flour. Brown butter lightly in baking pan, add fish rolls, baste with butter and bake in a hot oven about 25-30 minutes. When browned on top baste every few minutes with the pan juice and with cream and fish stock made from the bones, skin and head of fish.

Arrange rolls on a warm platter, beat pan gravy which should be light brown in color, season and pour over the fish. Serve with boiled potatoes.

229. Haddock à la Finesse

(6 servings)

3¾ lbs. haddock
2 tablespoons butter
2 tablespoons minced yellow onion
2 tablespoons Worcestershire sauce (or 2 tablespoons pickle, and ½ teaspoon grated lemon peel, and 1 tablespoon wine vinegar)
2 tablespoons Sherry, or Madeira
1 teaspoon anchovy sauce
***Sauce:* 2 tablespoons butter**
3 tablespoons flour
fish stock, 1 egg yolk
four spices (see glossary)

Clean and wash fish, reserve the milt and cook separately in lightly salted water for 20 minutes, then finish cooking with the fish. Cook onion slowly in butter without browning, add rest of ingredients and cook a few minutes, then add milt, fish and enough water to cover, salt to taste and continue to simmer for about 20 minutes or until tender.

Prepare a thick sauce of butter, flour and fish stock and cook 10-12 minutes, remove from fire, add beaten yolk and heat up again while beating thoroughly, then season to taste. Place drained fillets on warm

silver platter, cover with sauce and serve at once. If it is necessary to reheat the dish, sprinkle top with fine crumbs and melted butter and brown in hot oven about 10-12 minutes. Serve with boiled potatoes.

230. Stewed Haddock

(6 servings)

3¾ lbs. haddock
½ tablespoon salt, ½ lemon
2½ tablespoons butter
3½ tablespoons flour
1⅝ cup cold water
5 peppercorns
3 tablespoons cream, (1 yolk)
3-4 tablespoons white wine

Clean and wash fish, cut into pieces and rub with salt and lemon juice. In the bottom of a greased sauce pan lay heads, then layers of the fish with butter and seasonings between the layers. Mix flour with cold water and add to fish, pour on the wine and add enough water to give sauce a desired consistency when cooked, cover and simmer 15-20 minutes. Place fish on serving dish, whip pan sauce, add cream, also a beaten yolk if sauce is too thin, season and pour sauce over the fish. Serve with boiled potatoes.

231. Dried Cod Boiled

(6 servings)

Cut 2½ lbs. salted dried cod into square pieces and soak in cold water for 24 hours or longer if necessary. Change the water several times. Immerse the fish in 3-4 qts. cold water and heat up slowly, thus giving the fish a chance to swell. If the water still is very salt, pour off and add fresh water again. Continue to cook gently about 50-60 minutes or until fish is tender.

Prepare a medium thick white sauce (recipe No. 70) of 2 tablespoons butter, 4 tablespoons flour and fish stock and cream. Pour this over 2 chopped cooked eggs, add 1 teaspoon minced parsley and serve with the fish. If preferred serve a mustard sauce (recipe No. 265) instead. Serve with boiled potatoes.

232. Boiled *"Lutfisk"*

(6 servings)

For the home preparation of "lutfisk" refer to recipe No. 241. The fish can during the Christmas season be bought ready to cook. Cut the fish from skin in as large pieces as possible and lay on a fish rack or

wrap in cheese cloth. If the fish is very soft cook in boiling, strongly salted water, but if fish is rather hard, cook in lightly salted cold water. If fish is to be cooked in a cloth, lay a plate upside down in bottom of kettle and place fish on top of the plate. When the water reaches the boiling point reduce heat and simmer for about 20 minutes. Drain well and remove carefully to a platter. Serve with melted butter, white sauce or mustard sauce, boiled potatoes and peas.

233. Broiled Spiced Fillets of Mackerel

(6 servings)

3¼ lbs. mackerel
***Marinade:* 1⅝ cups weak vinegar**
1½ tablespoons salt
1½ tablespoons sugar
10 peppercorns, crushed
1 sprig dill
1 yellow onion, chopped
2 tablespoons butter

Trim out fillets and free from bone. Prepare marinade, using enough vinegar to give desired sourness. Lay half of the fillets with skin side down in a deep dish, spread with peppercorns, dill and onion, add rest of fillets laid with meat side down and pour marinade over the top. Cover, press with a light weight and allow to stand in a cool place until the following day. Remove fillets from marinade and reduce latter by slow cooking. Wipe fillets, broil or sauté in very little fat and place on platter. Rinse pan with a little of the concentrated marinade and pour over the fish. Serve with creamed spinach or riced potatoes.

Broiled Marinated Mackerel: (6 servings). Instead of trimming out fillets, cut the fish open, remove backbone and spread out with skin side down. Over the fish pour a marinade made of ⅜ cup oil, 1 tablespoon salt, ½ teaspoon white pepper and a few thin slices of lemon. Set in a cool place for 1-1½ hours, fold the fish together again to give the appearance of whole fish and broil about 6-7 minutes on each side. Baste with butter. If preferred fish may be baked in a very hot oven. Arrange on a platter, inside of each fish add a dab of maître-d'hôtel butter (recipe No. 268) and serve with boiled potatoes.

234. Salt Herring and Potato Pudding

(6 servings)

2 salt herring
1 qt. cooked potatoes, sliced
4 eggs, 2 teaspoons flour
1⅝ cups milk
⅓ teaspoon pepper
2-3 tablespoons butter

Clean and wash fish, trim out fillets, free from skin and bone and soak in cold water for 18-20 hours. Wipe dry and cut into narrow strips. Arrange layers of fish and potatoes in a well greased casserole, add a few dabs of butter and a dash of pepper between the layers and pour over the top the eggs, milk and flour beaten together. Bake in a moderate oven (400° F.) for 50-60 minutes or until potatoes are tender. Serve with melted browned butter.

235. Herring Balls

(6 servings)

1 salt herring
3-4 large potatoes
1 cup diced cooked meat
2 slices cooked fat pork
1 small red onion, chopped
2 tablespoons good fat
⅜ cup milk
⅓ teaspoon pepper
1 teaspoon flour (potato)
Crumbing: coarse rye meal
Frying: 3 tablespoons butter, or other good fat

Trim out herring fillets and soak in cold water for 18-20 hours. Free from skin and bones and wipe dry. Combine fish, potatoes, meat and pork and run through a meat grinder. Cook onion in fat without browning, add together with milk, pepper and flour to the ground mixture, then season to taste. With two spoons dipped in cold water shape the mixture into balls, turn onto a floured board, flatten into cakes and dredge with rye meal or with sifted crumbs. Sauté in fat to a golden brown. Serve with creamed turnips or with currant sauce (recipe No. 275) and boiled potatoes.

236. Fish à la Riviera

(6 servings)

2¾ lbs. bass, sole, or flounder cooked in stock
2 tablespoons butter
2 slices yellow onion, or
6 shallots, diced
1 medium carrot, diced, salt
1 leek, diced, (½ cup green beans)
1 qt. fresh mushrooms, or
¾ cup canned mushrooms
⅜ cup mushroom liquor
2-3 tablespoons Madeira or Sherry
Sauce: 2 tablespoons butter
2-3 tablespoons flour, fish stock
1-2 egg yolks, salt
2 tablespoons cream
four spices (see glossary)
2-3 tablespoons cold butter
(1 small can clams, or
12-15 fresh cooked clams)
minced parsley

Trim out fillets, cut away from skin and cook for about 15-20 minutes in a stock as directed in recipe No. 195. Cook vegetables and mushrooms in butter, add liquid and a little salt and simmer or set in a slow oven until vegetables are tender but still retain their shape. Add Madeira and burn off.

Prepare sauce after directions for mock Hollandaise (recipe No. 260). If clams are to be added heat first in a little butter, but do not cook after combining with the sauce. Place fillets in parallel rows on a platter, spread with the vegetables and over the top pour the sauce. Sprinkle with parsley and serve with boiled potatoes.

237. Sautéd Salt Salmon

(6 servings)

Soak about 3½ lbs. salted salmon, cut from the thick part of the fish, in cold water for about 24 hours. Change water several times and when sufficiently soaked, wipe dry and cut into pieces suitable for sautéing. Dip in egg diluted with cold water, roll in fine crumbs and sauté in butter, or if preferred, fry in deep fat (375° F.). Serve with currant sauce (recipe No. 275) and boiled potatoes.

238. Fish à la Venetian

(6 servings)

3¼ lbs. bass, sole, or haddock

***Sauce I:* 2 tablespoons white wine**
1 slice yellow onion
few sprigs parsley
(1 sprig tarragon)
1½ tablespoons wine vinegar
1 tablespoon water

***Sauce II:* 2 tablespoons butter**
3 tablespoons flour
1¾-2 cups fish stock
1-2 yolks, salt
four spices (see glossary)
3 tablespoons cold butter
purée of ½ lb. spinach

Trim out the fillets and if large cut each into smaller fillets. Fold each fillet, cut a slit in the fold and place in a low casserole or baking dish. In meantime prepare a fish stock as directed for fillets in recipe No. 195 of fish bones, skin and heads, 1 qt. water, 10 peppercorns, a few slices of yellow onion, a few sprigs of parsley, ⅜ cup white wine and salt. Strain and pour over the fillets to cover. Crease a buttered or wax paper over the top and simmer slowly or bake in a slow oven for 20-25

minutes. Drain fillets, place in a hot serving dish and cover with sauce (recipe No. 274). Serve with boiled potatoes.

239. Baked Fish

(6 servings)

3½ lbs. bass, pike, or haddock
¾ cup mushrooms, chopped
2-3 tablespoons butter
1 slice yellow onion, minced
3 tablespoons white wine
2-3 tablespoons tomato purée
pepper, or four spices (see glossary), fish stock, salt
2 teaspoons potato flour
2 teaspoons butter

Trim our fillets, rub with salt and cook in a stock prepared as directed in recipe No. 195. Cook mushrooms in butter, add onion and wine, cover and simmer until fish is tender. Add tomato purée and enough fish stock to give required amount of sauce. Remove from fire and add flour and butter stirred to a paste, return to fire, stir until thickened and season to taste. Place fillets in a buttered baking dish, add sauce and cover with a buttered or wax paper and bake in a hot oven (450° F.) for 25-30 minutes. Serve together with small boiled potatoes.

240. Fish and Shrimps au Gratin

(6 servings)

2¾ lbs. bass, pike, haddock, sole or cod
Sauce: **2 tablespoons butter**
4 tablespoons flour
rich milk, fish stock, salt
four spices (see glossary)
10 oz. shrimps
2 tablespoons grated cheese
sifted crumbs
2 tablespoons butter

Trim out the fillets and cook in a stock as directed in recipe No. 195. Cook a medium thick sauce (recipe No. 70), stir in one ball of shrimp butter (recipe No. 270) and the shrimps which should first be soaked in milk for 2 hours. Arrange fillets in layers with sauce between on a shallow platter or baking dish, sprinkle with grated cheese, crumbs and melted butter and set in oven to brown. Serve at once with riced or small boiled potatoes.

241. Swedish *Lutfisk*

5 lbs. dried spring ling
2 qts. slaked lime, 14 oz. soda

Saw each fish in 3 parts, brush well and place in a small wooden tub,

add water to cover and set in a cool place for 5-6 days. Change water 2 or 3 times. Remove fish and scrub tub well. Cover bottom with lime, add a layer of fish, skin side up, and cover with remaining lime. Dissolve soda in warm water, chill and add to fish together with enough cold water to cover. Keep in a cool place for about a week. Move the fish about a couple of times so that all parts become equally well softened. (Avoid getting hands in lye solution.)

The fish when soaked should be soft enough for the finger to penetrate the flesh fairly easily. Remove from solution, scrub tub well, return the fish and cover with cold water. A little practice will determine when fish is sufficiently soaked. If soaked too little fish becomes gelatinous or dissolves in water when cooked, or if soaked too long it will be hard. A small piece can be cooked as a test. A week in advance the amount needed can be cut into smaller pieces and these soaked. Change water once or twice a day.

If birch ashes are used allow 4 qts. ashes and ½ qt. slaked lime. Make a solution of water, ashes and lime, allow to stand over-night, drain off clear liquid and pour over soaked fish, then set in cool place for a week and proceed as directed above.

242. Fillets of Fish with Shrimp and Clam Sauce

(6 servings)

3¼ lbs. sole, brill, or haddock
2 tablespoons butter, salt
3-4 shallots, or
½ yellow onion, minced
⅜ cup mushrooms, chopped
***Sauce:* 2 tablespoons butter**
3 tablespoons flour
fish stock and rich milk
four spices (see glossary)
3 tablespoons white wine, 1 yolk
7 oz. shrimps, cooked
1 small can clams, cubed

Trim out the fillets and free from skin and bone. Cook a stock of bones, head and skin as directed in recipe No. 195. Place fillets in a well buttered baking dish, spread with onions and mushrooms and add strained fish stock. Crease a buttered or wax paper over the top and simmer for 10-12 minutes or until tender. Cook the sauce after directions in recipe No. 266 and add to it the shrimps and clams. Place fillets on a warm platter or shallow baking dish, cover with sauce and brown in oven. Serve with small parsley potatoes.

243. Fish Mousseline

(10 servings)

18 oz. scraped fish (about 2¼ lbs. pike)
1 cup butter (generous)
½ cup flour
1⅛ cups thin cream
5 eggs, separated
salt, white pepper
1¼ cups thick cream, whipped

For the best results the fish should not be too newly caught, nor should it be very fat. Clean fish without scaling, wash and wipe dry. Cut open and remove bones, then with a dull knife scrape off the meat. Scrape liver in the same way and add to the meat, then weigh to obtain the amount called for in the recipe. Beat together the yolks, cream and flour. Pound scraped meat together with butter in a mortar using a wooden spoon or pestle. When pulp is smooth add the egg mixture, 1 tablespoon at a time, until all is thoroughly blended. Pass farce through a fine sieve, beat vigorously and season. Add gradually the whipped cream, then beaten whites while continuing to beat. If mixture starts to separate set it over boiling water and beat until smooth, then remove at once from the water.

Grease two medium sized ring molds generously with butter, dredge with very fine white crumbs and add forcemeat until about three-fourths full. Crease buttered or wax paper loosely over the tops, set molds in water bath in a deep pan, cover and cook gently for 40-45 minutes. Unmold carefully and serve at once with lobster, crayfish or shrimp sauce. Another delicious sauce may be made by adding lobster butter (recipe No. 270), shrimps and sliced cooked mushrooms to Hollandaise sauce.

For a luncheon course the forcemeat may be cooked in small timbale molds. In that case use a little more cream in the recipe. When cooking allow the water bath to come only half way up the sides of the molds. Steam only 12-15 minutes, unmold, surround with lobster sauce and garnish tip of each timbale with a cooked shrimp. When cooked in timbale molds half the recipe is sufficient for 6 servings.

Fish Mousseline in Pastry Shell: The forcemeat for fish mousseline may be used as a filling for fish pie. A deep mold with detachable sides is best for this purpose. Line the mold with pastry dough (recipe No. 75) letting the dough extend a little beyond the edge. Fill with forcemeat and cover with dough. Brush the edges of side and top

dough with beaten egg and pinch together. From left-over dough cut attractive pieces such as leaves or other shapes and decorate the top with these. A spiral twist may be laid around the edge but avoid making the top too heavy. Brush the pieces on top with egg and make a few inconspicuous gashes in the dough. Bake in a fairly hot oven for about 40 minutes or until crust is well done. When done remove sides, leave pie on bottom and place on a round platter first covered with a folded napkin. Serve at once with a lobster, clam or shrimp sauce.

If the liver of the fish is of delicate flavor and texture it may be included with the fish. The fish pie may be kept one or two days and reheated in the oven before serving (about ½ hour).

244. Fish à la Marie

(12 servings)

2 cooked lobsters
3¾ lbs. bass, cooked and boned
lobster butter (⅝ cup butter)
Sauce: lobster butter
5 tablespoons flour
1⅜ cups cream, salt, paprika
concentrated lobster stock

Farce: 13 oz. scraped meat
(about 1¾ lbs. pike)
⅝ cup butter, ¾ cup thin cream
1½ tablespoons flour
3 eggs, separated
salt, white pepper
⅞ cup thick cream

Cook bass, remove bone and cut into pieces. Remove lobster meat from shells, reserving the best head for garnishing. Prepare lobster butter according to directions in recipe No. 270, reduce the stock which is left by simmering, strain and use for sauce. Prepare the sauce according to directions in recipe No. 71, add lobster meat cubed and fish, season and chill. Prepare a farce or forcemeat of fish as directed in recipe No. 243.

Spread the cold sauce in a shallow baking dish or silver platter, over this spread most of the forcemeat and force remainder through a fluted pastry tube in the form of a braid around the edge of the dish. Tie a wax paper over the top, being careful not to touch the food, set in a shallow water bath and cook gently for 35-40 minutes or until set. If coral from the lobster is available force this through a sieve over the top and set a lobster head in the center of the dish. If the forcemeat is of creamy consistency no sauce is needed, otherwise serve with lobster

Stuffed Mock Fish—Pirog

sauce. Serve together with steamed rice (recipe No. 479) cooked with butter and garnished with coral.

245. To Cook Crayfish

The crayfish (also called crawfish) resembles the lobster but is much smaller. The medium sized fish are usually the best flavored. Wash fish and immerse in boiling water to which has been added salt (to 20 crayfish 2½ qts. water and 6 tablespoons salt) and a few dill tips. Cover and cook 7-8 minutes after the water has come to a boil. Remove to crock or bowl and allow fish to cool in the water. Crayfish are not good if cooked too long, so that time should be varied, depending upon how many are cooked at one time. One large crayfish will take about 10 minutes, but several in one water will take less time counting the minutes after water comes to a boil. A little sugar may be added to the water but this is a matter of taste. Serve the fish well chilled, piled on a platter and garnished with dill.

246. Mock Fish with Crayfish Filling—*Pirog*

(12 servings)

pastry dough (recipe No. 75)
60 cooked crayfish
crayfish butter (⅝ cup butter)
Sauce: ½ of crayfish butter
6 tablespoons flour
2 cups cream
fish and crayfish stock
1⅝ lbs. boneless cooked bass
½ crayfish meat, salt
four spices (see glossary)
Sauce II: ½ crayfish butter
4 tablespoons flour
1¼ cups rich milk (scant)
crayfish stock
salt, paprika
½ crayfish meat

Prepare pastry dough as directed in recipe No. 75, increasing the amounts called for by one-fourth. Clean crayfish, remove all meat and fat and prepare a crayfish butter as directed in recipe No. 270. Reserve stock for the sauce. Break crayfish meat into small pieces.

Cook a thick white sauce (recipe No. 70) and add all the fish and one-half the crayfish to the sauce. Stir carefully, season to taste and pour onto a dish to cool.

Roll out the chilled dough to about ⅜ inch thickness, place on this a paper pattern of a fish and cut around the edges with a small knife or pastry cutter. From what remains of the dough cut out another fish and place this on a baking sheet or shallow pan. Spread the chilled sauce mixture over the dough, being careful not to let it come too near the edges. Brush the edges with egg white and place the second piece of dough over the first then pinch the edges together. With a sharp scissors cut gashes over the surface to represent scales and with a pastry wheel make parallel marks on the tail and fins. Using the pattern cut a piece of thin dough to place over the front part of the head so as to represent head and gills. Cut a small gash for the mouth. Brush under part of dough first with egg to make it adhere.

Just before placing in the oven brush the fish with beaten egg yolk diluted with a little cold water. Bake in a moderately hot oven (425-450° F.) 25-30 minutes or until crust is browned and well done. Have under heat the strongest. If top starts to brown too rapidly cover with a wax paper. Carefully slide fish onto a shallow platter covered with a folded napkin or garnished with lemon and parsley. Serve with a sauce made with rest of crayfish butter (recipe No. 271).

247. Lobster à la Newburg

(12 servings)

6 large lobsters, cooked
lobster butter (⅝ cup butter)
Sauce: lobster butter, fish stock
6 tablespoons flour
6 tablespoons white wine
concentrated lobster stock
four spices (see glossary)
2-3 yolks, few drops onion juice
(1 small can mushrooms)
3-4 tablespoons grated Parmesan cheese
2 tablespoons butter

Select preferably large live lobsters, immerse head first in boiling salted water (1¾ cups salt to 3 gals. water) and cook for 20 minutes, then allow to cool in the water. Remove claws and crack, cleave lobsters in two lengthwise and remove meat from both. Discard black vein in tail and the stomach near the head. Use the claws to prepare lobster butter (recipe No. 270).

Cook a lobster sauce (recipe No. 271) and stir in beaten yolks to give quite a thick consistency. Add lobster meat cut into small pieces also sliced mushrooms if desired and pour mixture into the half shells. Arrange shells in a shallow pan, sprinkle tops with grated cheese and just before serving brown in a hot oven about 10-12 minutes. Remove to a platter covered with a folded napkin and serve at once.

248. Lobster Pilaf

(12 servings)

4-5 lobsters, 1 teaspoon salt
⅜ cup oil, ¼ teaspoon pepper
2 tablespoons butter
2 shallots, minced, or
2 slices yellow onion, minced
1⅝ cups white wine
3 tablespoons cognac (brandy)
3 tomatoes, cut and mashed
butter, meat extract, cayenne
Rice: 1⅛ cups rice
2 small yellow onions
3 tablespoons butter
3⅝ cups light stock, water
salt

With a sharp knife make a deep cut at the mouth of each lobster, draw knife firmly through the body to the tail, open lobster and remove stomach and intestinal vein. Heat oil and butter in a frying pan, place lobsters in fat, sprinkle with salt and pepper and move about in the fat until shells turn red. Add onion, wine, brandy and tomatoes, cover and simmer for 20 minutes.

Remove meat from lobsters, including claws, and cut into cubes.

Strain pan juice into a smaller pan, add a few dabs of butter and a little meat extract or rich meat stock and seasonings to taste. Add lobster meat and reheat.

Add onion to rice and cook in butter as directed in recipe No. 479. If very dry rice is preferred use only about two-thirds as much stock. Pile rice on a serving dish, flatten the top, spread with lobster meat and pour on the sauce. To obtain a more decided lobster flavor the shell may be broken into pieces after meat is removed and cooked in the sauce. Strain sauce before adding the lobster meat.

249. Lobster Pudding

(8 servings)

1 large, or 2 small lobsters
lobster butter (⅝ cup butter)
Cream sauce: ½ lobster butter
3½ tablespoons flour
⅝ cup lobster stock, ⅝ cup milk
four spices (see glossary), salt
Pancakes: 2 eggs, salt
4 tablespoons flour
1 cup milk, butter
Custard: 3 eggs
1 cup milk, salt
Lobster sauce: ½ lobster butter
2 tablespoons flour
¾ cup cream
lobster stock, salt, paprika
lobster meat

Cook lobsters 20 minutes in boiling salted water and allow to cool in the water. Carefully cleave in two and remove the meat including claws. Of shells and claws prepare a lobster butter (recipe No. 270). Strain stock left from butter and use in making the sauce. Cook a thick cream sauce after directions in recipe No. 70, add smallest pieces of lobster meat and chill.

Mix a pancake batter (recipe No. 526) and cook over a rather slow fire on one side only, then set aside to cool. The pancakes should be very thin. Butter a casserole or baking dish, cover the bottom with pancakes, add a layer of creamed lobster, then alternate layers of pancakes and lobster until dish is full, ending with pancakes on top. Beat together the eggs and milk, salt lightly and pour over ingredients in the baking dish. With a long tined fork pierce the pancakes so that the egg mixture will penetrate well. Bake the pudding in a fairly hot oven (425-450° F.) for about 1 hour or until browned and set when tested with a straw.

Serve pudding hot in the baking dish together with lobster sauce in

a separate bowl. Prepare lobster sauce after directions in recipe No. 271, adding to it the most attractive pieces of lobster meat. If this pudding is served at dinner follow it with a very light meat course.

If crayfish are used in place of lobster allow 60 fish for the same size pudding.

250. Lobster Soufflé with Creamed Fish

(12 servings)

2¼ lbs. bass, cooked and boned
Sauce: 3 tablespoons butter
5 tablespoons flour, salt
2 cups rich milk, fish and lobster stock, four spices
2 cans clams, cut into pieces

Soufflé: 2 small lobsters
lobster butter (½ cup butter)
6 tablespoons flour
1⅜ cups milk and lobster stock
salt, paprika
6 eggs, separated

Cook a medium thick white sauce (recipe No. 70), add fish and clams, stir carefully and season. Pour mixture into two shallow silver platters or baking dishes. For the soufflé prepare a thick panada of the lobster butter (recipe No. 270), flour, milk and lobster stock left from making the butter, cook about 2 minutes while beating continuously then turn into a bowl and stir occasionally while cooling.

Cook the lobsters previous to using and remove meat, including claws. Chop meat very fine and add to the panada, then beat mixture vigorously while adding yolks one at a time, season and fold in stiffly beaten whites. Pour this soufflé mixture over the creamed fish (do not smooth the top), set in a shallow water bath and bake in a moderate oven about 30 minutes or until soufflés have risen and set. Avoid too hot an oven as the color must be delicate and the texture very tender. When done serve at once. No additional sauce is necessary.

251. Lobster and Fish Salad

(12 servings)

3 cups mayonnaise (wine vinegar)
3 cooked lobsters
10-11 oz. cooked bass, cubed
1 small can fine peas, or
1 small can asparagus tips

2-3 firm tomatoes, cubed
1 sour apple, finely diced
1-2 tablespoons chopped pickle
(1 stalk celery, thinly sliced)
lettuce

Reserve head of one lobster also coral to use as garnish. Remove meat

from claws in as large pieces as possible. Cut the meat from tails into thin slices and remainder of meat into small pieces. Drain peas or asparagus and if latter is used cut stems into small pieces. Prepare rest of ingredients and add to mayonnaise, add seasonings to taste and turn onto a bed of lettuce leaves. Garnish with meat from lobster claws cut into halves, coral, asparagus tips and lobster head placed in the center of the dish.

252. Jellied Lobster in Mayonnaise

(10 servings)

5 cooked lobsters
2½ cups mayonnaise
1 small can fine green peas
1 small can asparagus, diced
1 stalk celery, cut into shreds
1 head lettuce, shredded
***Aspic:* 3⅛ cups fish stock**
2 tablespoons gelatin
2 egg whites, 1 teaspoon cognac
truffles, lettuce leaves

Chill lobsters thoroughly after cooking and cleave in two lengthwise. Remove meat in as whole pieces as possible and slice. Remove meat from claws in whole pieces. Carefully mix salad ingredients with most of the mayonnaise (made with wine vinegar) and fill the cleaned shells with salad. Spread tops with mayonnaise and arrange a row of overlapping lobster slices in the center of each and a slice of truffle to each side. When the aspic made after directions in recipe No. 374 starts to thicken, pour it slowly over the tops of the salad to form a coating. Arrange remaining salad in pyramid form on a large round salad plate, spread with mayonnaise, garnish with the lobster meat from the claws and truffle slices, then coat with aspic. Arrange shells around the pyramid and garnish plate with small lettuce leaves. Chill thoroughly to set the aspic and serve cold.

253. Jellied Sole and Lobster

(12 servings)

3 sole, or flounder
fish stock
2 large or 3 small lobsters, cooked and chilled
***Aspic:* 2 cups fish stock**
1 tablespoon gelatin
1 teaspoon vinegar, 1 egg white
***Garnish:* 3⅛ cups fish stock**
2 tablespoons gelatin
2 egg whites, 1 teaspoon vinegar

Trim out fillets, free from skin and bone and cook in a stock as di-

rected in recipe No. 195. If fillets are large they may be cut into smaller fillets and then folded and a gash made in each fold. Cook them in the stock for 10-12 minutes, uncover and remove from stock, drain and allow to cool. If there are too many fillets to cook at one time, pour stock from the pan, rinse with cold water, place remaining fillets in pan, cover with the stock and proceed as before.

Cut the heads from the cold cooked lobsters and reserve these, also coral, to use as a garnish. Cut out the lobster meat in as large pieces as possible. Place cold fillets on a round platter in concentric fashion and between them arrange thick slices of lobster meat and claw meat in attractive design. Sprinkle with coral and pour on slowly the aspic (recipe No. 374) just as it starts to thicken. Set in a cold place to stiffen. At the same time pour aspic for garnish in a shallow pan and set to stiffen. When cold cut into dice with a hot knife and use as garnish for the fish. Arrange heads of lobsters to give final decorative effect and serve cold with sauce tartare in a separate bowl.

254. To Cook Crabs

Medium sized heavy crabs have the best flavor. Cook in the same way as lobsters but allow about 25 minutes after water comes to a boil. A few caraway seeds in the water are preferred by some who relish crabmeat. When the crabs are cold open, but be careful not to break the back shell which may be used for serving the meat. Season the meat and combine with sauce or serve in any other desired way. If to be served plain, mix the meat with a little French dressing and garnish with slices of lemon, lettuce or parsley.

255. To Cook Clams or Mussels

Medium sized heavy live clams or mussels are the best flavored. Wash well, scrape with a knife where necessary and lay in a clean kettle. If any mussel feels especially heavy, open it slightly to see if it contains slime which makes the mussel unfit for use. To be sure fish is alive, hit it lightly with handle of knife on the shell. If alive it will react by shutting its shell or moving about in the pan. Discard any dead clams or mussels. When all shellfish have been cleaned cover them with cold water, stir continuously so that they do not open, remove quickly to a

collander, fill kettle with fresh cold water and repeat same process of washing 2 or 3 times. The last water should be perfectly clear. The clams or mussels should be cooked at once.

If the shellfish are to be used in sauces, soups, fritters or like ways, prepare them first according to the following directions. Use a wide kettle or pan so that the fish do not lie too much on top of each other. For about 40 clams or mussels combine in the kettle 1 yellow onion, 6-7 sprigs of parsley, 1 sprig thyme, ⅓ bay leaf, ¾ cup water or white wine and 8-10 peppercorns. Add clams or mussels, cover tightly, set over a hot fire and cook 2 minutes. Move fish about and cook another 2 minutes, repeat again and as clams open remove from the fire, cut out the clam or mussel meat and let juice, while opening the shells, drop into the kettle. Clams or mussels are then ready to finish preparing in any way desired.

256. Hot Marinated Mussels

(6 servings)

2 qts. mussels (about 40 fish)
***Sauce:* ⅝ cup white wine**
1 tablespoon minced onion
1⅛ cups mussel liquor, or stock
1 tablespoon butter, (lemon)
1½ tablespoons flour
2-3 tablespoons butter
2-3 teaspoons minced parsley

Prepare mussels as directed in recipe No. 255. Cook onion and wine until reduced one-half, add mussel liquor then a paste of the butter and flour and stir until smooth and thickened. Remove from fire and stir in dabs of butter, parsley and a few drops of lemon juice, also more seasonings if needed. Add the warm cooked mussels in their shells and return to fire a few seconds for sauce to soak into the mussels. Serve in tureen or a large serving dish with cover.

257. Mussels au Gratin

(6 servings)

2 qts. mussels (about 40 mussels)
1⅛ cups white wine
juice of 1 lemon, few sprigs parsley
2 slices yellow onion
1 tablespoon butter
10 peppercorns
***Sauce:* 2 tablespoons butter**
3 tablespoons flour
1 cup mussel liquor
3 eggs, separated, salt

Heat butter with onion in a large pan or kettle, add wine, lemon juice,

parsley and peppercorns and when hot add mussels. Cover and cook 2 minutes or until mussels open. Remove from pan and cut out the mussel meat. Reduce liquor left in pan by cooking further and strain through a cloth.

Prepare a thick sauce of the butter, flour and mussel liquor, cook 8-10 minutes, remove from fire and beat in yolks, one at a time. Chill sauce and fold in beaten whites. Lay a mussel in each half shell, cover with a tablespoon of the sauce and set shells in a shallow pan the bottom of which has first been covered with coarse salt. Set in oven to heat through and brown, about 10 minutes. Remove to a platter covered with a folded napkin and serve at once.

Sauces

258. Sauces

Sauces constitute a very important chapter in the art of cookery. Though not a requisite in the diet, a sauce may transform a food from the ordinary to the unusual. Anyone who claims the distinction of being a good cook must not only learn the fundamentals of sauce making, but needs also a bit of fantasy to give play to food flavors and seasonings.

The recipes for sauces included here are in some instances quite international but several of them call for Swedish combinations and seasonings, while a few are distinctly Swedish. All of these sauces are included as a ready reference for other recipes in the preparation or serving of which sauces are required.

259. True Hollandaise—I

(6 servings)

7 peppercorns
2 tablespoons wine vinegar
1 tablespoon water
1 tablespoon butter, 2 egg yolks
10 tablespoons unsalted butter
(few drops lemon juice), paprika

Crush the peppercorns, add to vinegar and simmer until reduced one-half, strain, add butter and yolks and cook in a double boiler while beating vigorously until the sauce is thickened and of smooth consistency. Remove from fire and stir in unsalted butter cut into small pieces. If a very thick sauce is desired cool it before stirring in the butter. Add a

few drops of lemon juice but not enough to give a sour taste. Keep the sauce uncovered to prevent curdling and serve hot with a fish course.

Hollandaise sauce may be varied by adding crayfish butter, shrimps or sliced mushrooms.

260. Hollandaise Sauce—II

(6 servings)

Sauce: 1½ tablespoons butter
3 tablespoons flour
1¾ cups fish stock and cream
2 yolks, 2 tablespoons cream
4 tablespoons unsalted butter
paprika, salt, lemon juice

Cook a sauce of the butter, flour and liquid and simmer for a few minutes. Beat the yolks and cream together, add to the sauce in a double boiler while beating vigorously, continue to cook slowly and beat until sauce is thickened. Remove from fire and stir in dabs of unsalted butter. Add seasonings and a few drops of lemon juice, but not enough to make the sauce sour.

If the sauce is to be served with vegetables, use water instead of fish stock as liquid. To reheat the sauce, set over hot water and beat thoroughly.

Sauce Mousseline: To Hollandaise-II add ⅜ cup whipped cream just before serving. Serve with flounder or like fish, or with vegetables. If to be served with fish, use a fish stock as liquid.

White Wine Sauce: Follow directions for making Hollandaise-II, but in place of 2 tablespoons cream use cold fish stock and 2-3 tablespoons good white wine. Serve with fillets of brill, turbot, sole or other flounder.

Portuguese Sauce: To the recipe for white wine sauce add 1 teaspoon parsley, 1 teaspoon tarragon and 1 teaspoon chervil all finely minced, 2 tomatoes cut into very small pieces and if desired 1 very thin slice of yellow onion finely chopped. Serve with boiled flounder and similar fish.

261. Sauce Joinville

(6 servings)

2 tablespoons flour
1¼ cups fish stock, or water
2 egg yolks
2 tablespoons white wine
7 tablespoons butter
1 small can fine mushrooms
6 oz. cooked shrimps, or crayfish
four spices (see glossary)

Add the flour to the fish stock and beat until smooth, set over a fire and cook for a few minutes. Beat the yolks together with the wine, add to the stock and continue to beat vigorously. Cook slowly until sauce is thickened, remove from fire and stir in dabs of butter. Add sliced mushrooms first cooked in butter, crayfish or shrimps and seasonings to taste. Pour the sauce over fillets or other delicate fish course. The sauce should be thick enough so that it does not run easily.

262. Light Mushroom Sauce

(6 servings)

2 cups canned mushrooms
2-3 tablespoons butter
1-3 tablespoons flour
rich mushroom liquor
1¾-2 cups cream
salt, paprika

Slice the mushrooms lengthwise and cook in butter over a slow fire for at least 20 minutes, preferably longer up to as much as 2 hours. Dredge lightly with flour, stir while adding gradually the concentrated mushroom liquor and cream, simmer and stir occasionally until thickened, then season and serve. This sauce is suitable for fish courses, sweetbreads, chicken and other delicate meats.

If a richer sauce is desired use less flour and more cream instead. Other types of mushrooms may be substituted for the usual canned kind.

263. Fine Fish Sauce—I

(6 servings)

1¼ cups thin cream
1½ tablespoons flour
2 tablespoons butter
2-3 egg yolks
½ teaspoon French mustard
1 sprig chervil and tarragon
1 teaspoon minced parsley
1 teaspoon minced onion
¼ lemon rind, finely chopped
juice of ½ lemon

Combine minced herbs and remaining ingredients except lemon juice, set over a slow fire and beat until the sauce comes to a boil and thickens. Add a few drops of lemon juice. If sauce is too thick thin with a little cream and if too thin continue to cook and beat until of desired consistency. Serve with boiled bass, flounder or similar fish. The sauce is best if cooked just before serving.

264. Fine Fish Sauce—II

(6 servings)

3 egg yolks
6 tablespoons butter
3 teaspoons flour
1¼ cups thin cream
¾ cup rich fish stock
salt, paprika, lemon juice

Prepare this sauce by same method as given for sauce number I.

265. Simpler Fish Sauces

(6 servings)

1 tablespoon butter
3 tablespoons flour
about 3 cups fish stock (water)
minced parsley, or onion, or chives, or 2 cooked yolks
½ tablespoon cold butter

Melt the butter, add flour and gradually the stock which may first be diluted with water in case the stock is very salty. Cook while stirring about 8-10 minutes, add seasonings, remove from the fire and stir in the cold butter. Serve with whiting, carp and similar fish. If the chopped yolks are added the sauce is suitable for cod, haddock and similar fish.

Scandia Mustard Sauce: Prepare a sauce as directed in preceding recipe using 1½ tablespoons butter and just before serving add 1 tablespoon prepared mustard and ½ tablespoon cold butter. Season and serve with boiled cod, haddock and similar fish. If the Swedish (Skånsk) mustard is obtainable that is to be preferred.

266. Butter Sauce

(6 servings)

1½ tablespoons butter
2½-3 tablespoons flour
water, or fish stock
⅜ cup cream
1-2 yolks
salt, white pepper, or four spices (see glossary)
1-2 tablespoons cold butter

Melt butter, add flour then gradually the liquid and cook while stirring for about 8-10 minutes. Beat yolks and cream together, add to the sauce and beat vigorously until the sauce simmers and thickens. Season and just before serving stir in dabs of cold butter. Serve with salt water fish such as flounder, cod, haddock and similar fish.

267. Butter Sauce with Chopped Eggs

(6 servings)

Just before serving melt ⅝ cup butter and pour over 2 cooked eggs

finely chopped. The eggs must be cold and seasoned with salt and pepper. Serve hot with boiled bass, haddock, cod and similar fish.

To make a dill sauce add 1 teaspoon finely minced dill before serving.

268. Mâitre d'Hôtel Butter

(6 servings)

With a wooden spoon blend together ⅝ cup butter, 2 teaspoons minced parsley, 1 teaspoon lemon juice and salt and pepper to taste. Serve in a small sauce bowl or place by small spoonsful on steak, or other grilled or fried meat or fish.

269. Melted Butter

(6 servings)

Just before serving melt 6-7 tablespoons butter in a double boiler, add salt to taste and a little minced parsley or dill and pour into a hot gravy bowl. Serve with fish puddings, vegetables or other courses where melted butter is appropriate.

Browned Butter: Melt butter in a frying pan and stir until it turns light brown, remove from the fire and serve at once. Serve with fried fish, potato cakes, fish pudding and like courses.

270. Lobster Butter

shells of 2 cooked lobsters
⅝ cup butter
1 qt. water
6 tablespoons salt

Remove carefully the stomach near the head of the lobster, then crush shells from the backs and the claws with a pestle and mortar. When well crushed, add butter and continue to pound until a uniform mass. Turn into a frying pan and heat, add enough water to cover and continue to cook until red butter floats to the top. Skim off the butter, stir and skim again until all the butter has come to the top. Drain the butter and set to cool. Strain stock left in the pan and use as a basis for soup, sauce or other fish or lobster dish.

The next day work the butter with a spoon until as free as possible of water, add salt to taste and form into balls about the size of a walnut. Lay in a light brine in a crock, cover with wax paper and keep in a cold place. When to be used immerse in fresh water for a while to remove excess salt.

Crayfish or shrimp butter may be prepared by this same procedure. Shells from the shrimps must be strictly fresh. To about a half pound of shells use 5 tablespoons of butter. The shrimp butter must be used as soon as it is prepared and cannot be kept in the same manner as lobster butter. For the crayfish butter use the shells of 20 crayfish and 5 tablespoons butter. It may be kept in the same manner as lobster butter.

271. Lobster Sauce

(6 servings)

1 lobster, cooked, or
1 small can lobster meat
5 tablespoons lobster butter
or 3-4 balls crayfish butter
3 tablespoons flour
1⅝ cups fish or lobster stock
¾ cup cream, salt
four spices (see glossary)

Heat lobster butter and flour, add stock and cream gradually, stirring and cooking about 8-10 minutes. Season and add lobster meat cut into small pieces, remove from fire and serve. This sauce is suitable for delicate fish balls, lobster pudding and like dishes. The sauce has a better flavor if part fish stock is used for liquid.

Crayfish Sauce: Use 30 crayfish and prepare after same method as for lobster sauce.

Shrimp Sauce: Use 8-10 oz. shrimps and prepare after same method as for lobster sauce.

272. Fresh Clam Sauce

(6 servings)

1½ doz. clams
⅝ cup white wine (scant)
3 shallots
3 slices yellow onion
3 sprigs parsley, 1 sprig thyme
¼ bay leaf, dash pepper
***Sauce:* 2 tablespoons butter**
2½ tablespoons flour
¾ cup strained clam liquor
⅝ cup hot rich milk
1 egg yolk
3 tablespoons cream
1½ tablespoons cold butter
1 teaspoon minced parsley

Prepare clams as directed in recipe No. 255. Heat wine and seasonings in a shallow, wide pan, add clams, cover tightly and set over a quick fire. As soon as the clams open remove them from the shells and keep meat warm in a couple of tablespoons of the liquor.

Cook a sauce of the butter, flour, clam liquor and milk, cook 5 minutes and season. Just before serving beat together cream and yolk and add to the sauce. Beat sauce while heating until it comes to a boil, then remove from fire and stir in dabs of cold butter, parsley and clams cut into small pieces. Serve with boiled flounder and similar fish.

273. Fine Caper Sauce

(6 servings)

⅝ cup rich fish stock
1½ tablespoons butter
1½ tablespoons flour
2 egg yolks
⅝ cup thin cream, salt
⅜ cup thick cream, paprika
2-3 tablespoons chopped capers
liquor vinegar from capers

Combine the stock, butter and flour, beat well while cooking and remove from fire. Beat together yolks and cream and stir into the sauce, return to the fire and stir vigorously until the sauce comes to a boil. Remove from fire at once and season. Just before serving fold in whipped cream, reheat while beating and add capers and a few drops of liquor from the capers or lemon juice. Serve with boiled or baked fish.

Pickle Sauce: For a pickle sauce add instead of the capers 2-3 tablespoons chopped pickle.

Simple Caper Sauce: Cook a sauce of 1½ tablespoons butter, 2½-3 tablespoons flour and enough veal or fish stock to give a sauce of desired consistency, cook 10 minutes and add 2 tablespoons chopped capers, seasonings and a few drops of vinegar or lemon juice. For a somewhat richer sauce beat up an egg yolk in 3 tablespoons of cream, add to the sauce and beat until the sauce comes to a boil. In this case add capers, seasonings and lemon juice last to prevent curdling. Serve with boiled veal or lamb, or with boiled or baked fish.

274. Green Sauce

(6 servings)

Sauce I: 2 tablespoons white wine
1 tablespoon wine vinegar
1 slice yellow onion
1 sprig parsley, minced
1 sprig tarragon, minced
(Worcestershire sauce)

Sauce II: 1 tablespoon butter
2 tablespoons flour
2 yolks, salt, paprika
1 cup fish stock, or water
6½ tablespoons cold butter
2 oz. spinach, made into purée

Combine and cook all the ingredients for sauce-I until reduced to 1 tablespoon when strained.

For sauce-II combine the butter, flour and liquid, add yolks and heat while stirring until the sauce comes to a boil, remove from fire and beat in dabs of cold butter. Combine the two sauces and enough spinach purée to give the final sauce an attractive green color. Season to taste and serve. For a more piquant flavor add 1 teaspoon Worcestershire sauce. Serve with boiled fish fillets and similar dishes.

275. Currant Sauce

(6 servings)

3 tablespoons dried currants
1½ tablespoons butter
3 tablespoons flour
1½-2 tablespoons sirup, or brown sugar, salt, currant juice
2-3 tablespoons vinegar

Wash the currants thoroughly in warm water, cook until soft in about 2½ cups water and strain. Cook a sauce of the butter, flour and currant juice for about 8-10 minutes, add seasonings and currants and bring to a boil. Serve with herring balls, fried salted salmon or other fried salted fish.

276. Horseradish Sauce

(6 servings)

1½ tablespoons butter
3 tablespoons flour, 1⅜ cups milk
1⅜ cups meat or fish stock, salt
3-4 tablespoons grated horseradish

Cook a sauce of the butter, flour and liquid for about 8-10 minutes, season and add horseradish. Do not cook the sauce after adding the horseradish. If to be served with boiled potatoes use part milk as liquid but if to be served with pickerel or pike use only fish stock as liquid.

277. Concentrated Meat Extract

A good meat extract for sauces can be made from trimmings, sinews, bone and less choice cuts of beef such as knuckle or neck. Cut the meat into small pieces and break up the bone. Brown the meat slowly until well seared, cover with beef stock, add a couple of slices of yellow onion, a carrot and stalk of celery finely diced and a few dashes of salt. Cover tightly and simmer 10-12 hours, in the meantime adding more stock if needed.

Strain extract through a cloth and set to chill. The following day skim off the hard fat on top and reduce the liquid still further by slow cooking until of desired consistency. If the extract is to be kept for some time pour it into small crocks or jars, carefully pour some of the melted fat on top and store in a cold place. As long as the hard fat is not disturbed the extract will keep. If part of it is to be used the remainder may be heated up with the fat and poured back into the crock or jar.

This extract is excellent for fine meat sauces. It may also be melted and served in place of gravy or sauce with fried or broiled meats.

Chicken Extract: To make a chicken extract cover bones, neck and any other trimmings with milk and cook slowly in a covered pan until milk is well flavored. For a dark extract brown the meat first and cover with dark stock instead of milk.

278. Brown Sauce—Espagnole

The finest quality of brown sauce should be cooked several hours. A simpler sauce, however, can be recommended for most household uses. Heat 2 tablespoons butter, add 3 tablespoons flour, cook slowly while stirring several times until light brown in color, then add gradually enough brown stock to give sauce of desired consistency. Simmer gently for 25-30 minutes, stir occasionally and add more stock if sauce thickens too much.

This sauce is used as a basis for other meat sauces. As one variation it may be seasoned, tomato purée and Madeira added to taste and then combined with pan juice from the meat and served.

279. Chicken Gravy

(6 servings)

Skim and strain the pan juice from the chicken, combine 3 tablespoons of this juice with 2-3 tablespoons of flour and cook until light brown in color then gradually add the rest of juice and cream. In the meantime cover the solids left in the strainer with a little hot water, heat, strain and add to the gravy.

To give more flavor to the gravy, grind or scrape the liver very fine, add to the gravy and cook gently for 8-10 minutes. Strain and add ½

teaspoon gelatin first soaked in a little cold water. Season with salt only. For a frothy gravy beat in 1-2 tablespoons froth from whipped cream just before serving.

280. Sauce Fines Herbes

(6 servings)

2-3 tablespoons diced mushrooms
1 tablespoon butter (scant)
1 tablespoon chopped shallots
1 tablespoon chopped onion
⅜ cup dry white wine
⅜ cup rich mushrom liquor
1 cup brown sauce, salt, paprika
1 tablespoon minced parsley, tarragon, chervil
1-2 tablespoons butter

Cook the mushrooms in butter, add onion (all yellow onions if no shallots), cook until butter is clear then add wine gradually, also mushroom liquor (first reduced by simmering) and the brown sauce. Season, add herbs and just before serving stir in dabs of cold butter. Serve with fried or broiled meats.

281. Piquant Sauce

(6 servings)

1½ tablespoons butter
1 small carrot, ½ leek
1 small stalk celery
1 small yellow onion
1 slice lean ham (2 oz.)
½ qt. stock, or 2 bouillon cubes in 2 cups water
***Sauce:* 1 tablespoon butter**
1½ tablespoons flour
vegetable stock
1½ tablespoons tomato purée
½ tablespoon brandy
½ tablespoon Madeira, or Sherry
cayenne pepper, salt

Clean and finely dice the vegetables and the ham, brown carefully in butter, add stock, cover tightly and simmer 1½-2 hours. Strain and use for the sauce.

Combine butter and flour and brown lightly, gradually add vegetable stock and tomato purée and cook 10-12 minutes while stirring. Add seasonings, wine and brandy. The sauce should be medium thick and well flavored but with no one flavor predominating. Serve with dishes made from veal or pork.

282. Sauce Italienne

(6 servings)

2 tablespoons butter, or oil
⅜ cup dry white wine

5-6 tablespoons chopped mushrooms, 1 shallot, minced, or
1 slice yellow onion, minced
2 oz. cooked ham, diced
¾ cup brown sauce
1 tablespoon tomato purée
1 teaspoon minced parsley
salt, paprika

Cook the mushrooms in oil but do not brown, add onion and ham and continue to cook for a few minutes. Add wine and cook slowly until reduced one-half. Add brown sauce, tomato purée and parsley, season and cook another 5-6 minutes. Serve hot with lamb chops, veal liver or cutlets made from chopped veal or pork. By omitting the ham the sauce may be served with fish.

283. Sauce Robert

(6 servings)

1-2 red onions, finely chopped
2 tablespoons butter
¾ cup dry white wine
clear meat juice, or strong stock
1-2 teaspoons French mustard
1 teaspoon sugar, (potato flour)

Cook the onion slowly in butter but do not brown, add wine and cook until reduced one-third. Add meat juice or stock and continue to cook slowly for 15 minutes. Strain and add mustard and sugar to taste, 2 tablespoons meat juice or 2 teaspoons meat extract. For a thicker sauce blend 1 teaspoon potato flour with a little cold stock and stir into the sauce while cooking. This sauce has a rather strong flavor and is best for serving with fat meats such as pork cuts.

284. Hot Sauce for Baked Ham

(6 servings)

1 tablespoon butter
2 tablespoons flour
1⅝ cups skimmed ham juice
½ teaspoon French mustard
2-3 tablespoons red wine

Brown the butter and flour, add meat juice from the ham and mustard mixed with a little water and cook several minutes. If the sauce starts to separate add a little cold water. Pour wine into a gravy bowl and add slowly the sauce while stirring briskly.

285. Cumberland Sauce

(6 servings)

3 tablespoons red currant jelly
½ teaspoon French mustard
1½ teaspoons fine strips lemon peel
3 tablespoons Sherry, cayenne
3 tablespoons red wine
½ tablespoon wine vinegar

Stir the jelly carefully, add Sherry, red wine, vinegar, mustard and lastly the cayenne. If sauce is too strong add a little water. Remove white pulp from lemon peel and cut peel into as fine strips as possible and add to the sauce. Serve with cold boiled or baked ham.

286. Sauce Venaison for Game

(12 servings)

2 tablespoons butter, or
2-3 tablespoons oil
1 bouquet (see glossary)
diced meat, 1 slice onion
few slices carrot
¾ cup marinade
10 crushed peppercorns
1¼-1⅜ cups strong stock
pan juice from meat
1-2 tablespoons red or black currant jelly, (Madeira)
⅜-⅝ cup thick cream

Heat the fat, add a few diced pieces of meat from the game to be served, add bouquet, onion, carrot and if meat has been marinated first, the vegetables from the marinade, then brown lightly. Add gradually the marinade if used, otherwise add diluted French wine vinegar or white wine. Reduce by slow cooking until almost no liquid remains, add stock, cover and simmer at least 1 hour. Strain and season to taste. Add currant jelly and if too sweet add a little vinegar. Lastly add cream, a little at a time, so that the sauce does not become too light in color.

When meat is cooked pour off all the fat and juice, rinse the pan with a little marinade or stock, stir well and add to the sauce. 1-2 tablespoons Madeira may be added if desired. The sauce should be medium thick. Serve with game.

287. Dark Mushroom Sauce

(12 servings)

1 large can fine mushrooms
3 tablespoons butter, paprika
4-5 tablespoons flour, salt
rich mushroom liquor
clear dark stock, (½ cup cream)
(1-2 tablespoons white wine)

Slice the mushrooms and simmer in butter until tender, remove from pan, add flour to fat and brown, then gradually stir in the reduced mushroom liquor and stock. Cream may be added but not enough to make the sauce light colored. Add mushrooms and simmer for a

while longer but do not allow the sauce to thicken very much. Season to taste and serve with fried meats and similar dishes.

288. Morel Sauce

(6 servings)

1-1½ qts. fresh morels, or
¾ oz. dried morels
2 tablespoons butter, salt
3 tablespoons flour, paprika
1⅝ cups rich milk, morel liquor
½-1 tablespoon port wine

Cut fresh morels in two and wash thoroughly to remove all sand, cook in hot water a couple of minutes, rinse well, then cook in a small amount of water until tender, drain and reserve liquor for sauce. Dice the morels and simmer in butter, dredge with flour, stir while adding gradually the milk and liquor to give a thin sauce. Cook gently 25-30 minutes, season and serve.

If dried morels are used, soak in cold water 30-40 minutes, wash well, cook in small quantity of water and follow same directions as for fresh morels.

For a richer sauce use little or no flour and add thick cream instead and cook gently until of right consistency. Serve with meat, fish or vegetables.

289. Truffle Sauce

(12 servings)

1 small can truffles
liquor from truffles
3-6 tablespoons Madeira
1⅝ cups brown sauce, rich meat juice or dark stock, cayenne, salt
(1 tablespoon arrowroot flour)

Chop or cut the truffles into fine pieces, cook a couple of minutes in the liquor and part of the wine in a covered pan. Add brown sauce and cook 4-5 minutes, add the rest of the wine, cayenne or white pepper and remove from fire. If concentrated meat juice or strong stock is used in place of the brown sauce, thicken with arrowroot or potato flour blended with a little cold stock. The sauce should be only slightly thickened. Serve with delicate meat, chicken or ham dishes.

290. Tomato Sauce

(6 servings)

6-8 tomatoes
2 slices yellow onion
1¼-1⅝ cups rich stock
salt, paprika, sugar
1½ tablespoons butter
1 tablespoon potato flour

Cut the tomatoes into pieces and cook with the onion in a covered pan over a slow fire. When well cooked force through a fine sieve, pour purée back into pan and cook until of desired strength. Mix butter and flour, add to the sauce, stir well and bring to a boil. When thickened remove from fire and season. If more meat taste is preferred add a little rich meat juice, meat extract or kitchen bouquet.

291. Tomato and Madeira Sauce

(6 servings)

4 tablespoons Madeira
2 tablespoons thick tomato purée
¾ cup rich stock
salt, sugar
1 tablespoon butter
1 teaspoon potato flour

Pour the Madeira, purée and stock into a saucepan, bring to a boil and remove from fire. Blend butter and flour and stir into the sauce, bring to a boil again while stirring and season well. If fresh tomatoes are used in place of purée prepare in same manner as tomato sauce. Serve with meat, pork or fish, also some kinds of vegetable and macaroni dishes.

292. Madeira Sauce

(6 servings)

1 tablespoon butter
2 tablespoons flour
2 cups dark meat juice, or
dark stock and kitchen bouquet
3 tablespoons Madeira, or Sherry
salt, paprika

Brown butter and flour, add gradually the liquid, cook 8-10 minutes and season. The sauce should have a strong meat taste and not be very thick. Serve with fine meat dishes.

293. Gherkin Sauce

(6 servings)

2 tablespoons butter
3 tablespoons flour
1¾ cups fish or veal stock
6 tablespoons cream
2 tablespoons chopped pickle, or chopped gherkin
salt, sugar, white pepper
vinegar, 1 egg yolk

Heat the butter and flour, add gradually the stock and half of the cream, cook 8-10 minutes then add the pickle and season. If not sour enough add a little wine vinegar. Beat yolk and the rest of the cream

in a bowl and onto this pour the sauce. Beat well and serve with fried fish or dishes of veal.

294. Fricassee Sauce

(6 servings)

2 tablespoons butter
3 tablespoons flour
chicken or veal stock, 1-2 yolks
3 tablespoons cream

Heat the butter and flour, gradually add stock and cook several minutes. Beat yolks and cream together and stir slowly into the sauce, continue to stir until the sauce comes to a boil and thickens, then season, adding if desired a teaspoon of lemon juice and a dash of sugar. Serve with boiled chicken, lamb or veal breast.

Curry Sauce: Stir one teaspoon curry powder with a little cold stock and add to the sauce instead of lemon juice. Serve with boiled veal, lamb or chicken and steamed rice.

295. Dill Sauce

(6 servings)

1½ tablespoons butter
3 tablespoons flour
2-2⅜ cups meat broth
2-3 tablespoons vinegar
2-3 teaspoons sugar
chopped dill, salt, 1 yolk

Heat the butter, add flour then gradually the broth, cook 8-10 minutes and season. Pour hot sauce slowly onto the beaten yolk and stir briskly. Serve with boiled lamb or veal.

296. Bearnaise Sauce

(6 servings)

2 sprigs parsley
1 sprig dried chervil
1 sprig dried tarragon
7 crushed peppercorns
3 tablespoons wine vinegar
1 tablespoon minced shallot, or onion, 2 yolks
1 tablespoon and ½ cup butter
1 sprig parsley, salt
few tarragon leaves, pepper

Cook the first six ingredients in a saucepan until about 1 tablespoon liquid remains. Strain, add yolks and 1 tablespoon butter to vinegar and cook in a double boiler while beating briskly until thickened. Remove from the fire and allow to cool partially then stir in dabs of cold butter. Add finely minced fresh parsley and tarragon. The sauce cannot be reheated as the butter will then cause it to separate. Serve with

beef steaks, veal cutlets, fried fish and similar dishes. A dab of the sauce may be placed on each piece of meat or fish and the rest served in a bowl.

297. Sauce Choron

(6-8 servings)

1 sprig chervil
few tarragon leaves
1 teaspoon minced shallots, or onion, 10 crushed peppercorns
3 tablespoons wine vinegar
3 egg yolks
1 tablespoon water
⅞ cup butter
1 teaspoon minced chervil, tarragon
1-1½ tablespoons tomato purée

Prepare after same method as given for Bearnaise sauce. Serve with saddle of lamb, veal or beef tenderloin and similar meats.

298. Sauce Lyonnaise

(6 servings)

½ medium yellow onion
2 tablespoons butter
3 tablespoons wine vinegar
⅝ cup white wine
¾ cup brown sauce
salt, cayenne pepper

Cook the onion in butter until light brown, add vinegar and wine and simmer until liquid is reduced one-half. Add brown sauce, salt and dash of cayenne. Sauce may be strained or not as preferred. Serve with either meat or vegetables.

299. Sauce Maltaise

(6 servings)

5 crushed peppercorns
1 tablespoon wine vinegar
1½ tablespoons water
2 egg yolks
1 tablespoon butter
salt, cayenne pepper, or paprika
½ cup cold butter (scant)
juice of 1 blood orange

To prepare follow method given for Bearnaise sauce. If sauce separates when cold dabs of butter are stirred in, heat a couple of tablespoons of butter and beat in briskly. Add juice of orange gradually and season to taste. Serve with fine vegetable dishes such as boiled asparagus.

300. Mayonnaise Dressing

In Swedish recipes calling for mayonnaise, French or other similar dressings the usual American proportions for these sauces may be fol-

lowed. Several variations, however, which are specifically called for in the preparation and serving of other recipes in this book are included here.

301. Mock Mayonnaise

5 egg yolks
½ tablespoon sugar
1 teaspoon salt
5 tablespoons flour
¾ teaspoon mustard, pepper
⅝ cup weak vinegar (wine)
1⅛ cups water, (1 cup oil)
whipped cream (about 1 cup)

Beat together the yolks, flour, seasonings, vinegar and water and cook in a double boiler for 45 minutes while stirring frequently. Remove from the fire and beat until cooled. When to be used add oil in proportion to the amount of dressing, a little at a time, then the whipped cream. This dressing will keep for several weeks when stored in a cool place, but oil and cream in right proportions must be added shortly before serving. The oil can be omitted if so preferred.

302. Sauce Tartare

To mayonnaise made from 1 yolk add 1½ tablespoons chopped pickles and serve with lobster, cold fish, fried fillet of sole and similar dishes.

Remoulade Sauce: To mayonnaise from 1 yolk, add 3-5 teaspoons chopped capers, 3-5 teaspoons finely chopped gherkin, ¼-½ teaspoon French mustard if liked and a few tablespoons of the top from whipped cream. Serve with fried fish or lobster.

Sauce Verte: Blanch a few sprigs of parsley, dill, chervil, tarragon, chives and spinach in hot water for several minutes, rinse in cold water, dry, chop and force through a sieve. Mix with enough mayonnaise to give a light color and a delicate flavor of the herbs. Add 1 tablespoon India relish and a little whipped cream if liked. Serve with fried fish.

303. Sharp Sauce with Oil

(6 servings)

1 hard cooked yolk, 1 raw yolk
1 teaspoon French mustard
(¼ teaspoon Worcestershire sauce)
1 cup oil
1½ tablespoons wine vinegar
white pepper, salt, sugar
⅝ cup thick cream
1 tablespoon chopped dill

Press the cold cooked yolk through a sieve and mix with raw yolk. Add gradually the oil while stirring continuously to get a smooth consistency, then add seasonings and vinegar. Just before serving add the whipped cream, a little at the time, and the dill. Serve with baked eel, pickerel, pike or bass, also with cooked vegetables as a salad dressing.

304. Sharp Sauce without Oil

(6 servings)

2 hard cooked yolks, 1 raw yolk
½ teaspoon French mustard
3 tablespoons thin cream, pepper
1-1½ tablespoons sugar, salt
2-3 tablespoons vinegar (wine)
6-9 tablespoons thick cream

Mash the cold cooked yolks together with mustard, sugar and salt, add raw yolk and if at all lumpy pass through a sieve. Add gradually the thin cream and vinegar, season to taste and add the whipped cream. The sauce should be seasoned according to the food with which it is to be served making it a bit more sour for fish and a bit milder for vegetables.

305. Cream Sauce for Fish—à la Mats

(6 servings)

1¼ cups thick cream, 2 yolks
1 teaspoon French mustard
1½ tablespoons wine vinegar
1½ tablespoons sugar, pepper

Whip the cream and add yolks one at a time and season. If sour cream is used reduce the amount of vinegar. The sauce should be stiff and a little milder than sharp sauce. Serve with steamed or boiled salmon, trout, white fish, bream, char or sunfish and with jellied fish.

306. Cream and Horseradish Sauce

(6 servings)

1 cup thick cream
2-3 tablespoons vinegar
2 tablespoons sugar
2-3 tablespoons grated horseradish

Whip the cream until thick but not stiff, add vinegar, sugar and horseradish and serve at once. Grated horseradish may also be served separately. If sour cream is used omit the vinegar. Serve with cold fish.

Frozen Cream and Horseradish Sauce: Add a tablespoon more of horseradish to the preceding recipe, also a dash of pepper, turn into a

mold and pack in ice and coarse salt. After 2-3 hours unmold and cut into slices with a large spoon dipped into hot water. Arrange slices in a bowl and serve with smoked fowl, goose, duck or other game.

307. Cream and Beet Sauce

(6 servings)

Finely dice 1 large cooked beet and add to ¾ cup thick cream beaten until very thick but not stiff. Season with wine vinegar and sugar to taste and serve at once. Serve with steamed or boiled fish.

308. Creamed Butter

(6 servings)

Cream butter with a wooden spoon in a bowl set in warm water until it becomes light and porous. Add a few drops lemon juice if desired. Serve with cooked vegetables such as asparagus, French artichokes and peas.

Sweet Sauces

309. Fruit Juice Sauce

(6 servings)

¾ cup sweet fruit juice
1⅛ cups water
1 tablespoon cornstarch
2-3 tablespoons cold water

Heat juice and water and sweeten more if necessary, add cornstarch first stirred to a paste with cold water and continue to cook until clear and thickened. Chill thoroughly and serve with puddings of rice, cereals and similar dishes.

310. Pineapple Sauce

(12 servings)

3 yolks, ⅝ cup sugar
2 egg whites
1 small can sliced pineapple
3 tablespoons rich pineapple juice, lemon juice
1⅜ cups thick cream

Stir yolks and sugar for about 20 minutes, fold in carefully the stiffly beaten whites, add diced pineapple, lemon juice and pineapple juice (first reduced by cooking if necessary). Fold in stiffly beaten cream and serve with pineapple cake, pudding or similar desserts.

ORANGE SAUCE: Prepare in the same manner as pineapple sauce but substitute for the pineapple the diced pulp of 3 oranges and the juice and grated rind of 1 large lemon. Serve with orange cake.

311. Strawberry Sauce

(6 servings)

Cook a sirup of 1 cup water and 4-5 tablespoons sugar, skim, add the pulp and juice from 1¼-1½ cups strawberries and remove from the fire. The pulp may be made by passing the berries through a coarse strainer.

Sauce from wild strawberries or raspberries may be made in this same way.

312. Ginger Sauce

(12 servings)

1 small jar preserved ginger
1¼ cups water, ⅔ cup sugar
½ tablespoon cornstarch (arrowroot), 2 tablespoons water

Cut the ginger into very small dice. Cook a sirup of water and sugar and stir in the cornstarch or arrowroot flour first mixed to a paste with cold water, cook for several minutes, add ginger and juice from ginger, heat through again and serve hot with ice cream, parfaits or other frozen desserts.

313. Lemon Sauce

(6 servings)

2-3 egg yolks
2½ tablespoons sugar
1 cup water
½ tablespoon cornstarch
juice of 1 small lemon
⅝ cup thick cream

Beat the yolks and sugar together. Mix cornstarch with cold water and cook until thickened, then stir into the egg mixture, return to saucepan and cook while stirring continuously until thickened. Add salt and grated lemon rind to taste. Chill and just before serving fold in whipped cream. Serve with semolina cake, other cakes or puddings.

314. Vanilla Sauce

(6 servings)

3 egg yolks
1½ tablespoons sugar
1⅝ cups rich milk
1 tablespoon cornstarch
vanilla to taste (best quality)
¾ cup thick cream

Prepare after the same method as given for lemon sauce. Remove from fire and continue to beat until cooled. When thoroughly cold add vanilla and whipped cream.

For a much richer sauce use thin cream instead of milk and increase yolks to 4 or 5, at the same time omitting the cornstarch. Be sure to cook the sauce sufficiently after the yolks are added or the sauce will not thicken when cold.

315. Cinnamon Sauce

(6 servings)

1 tablespoon butter
1½ tablespoons flour, 1¾ cups milk
2 tablespoons sugar
1-1½ teaspoons ground cinnamon

Cook a thin white sauce of butter, flour and milk, simmer for several minutes and add sugar and cinnamon to taste. Serve hot with cheese cake, rennet pudding, pancakes or bread puddings.

316. Arrack Sauce

(6 servings)

3 egg yolks
2-3 tablespoons sugar
1¼ cups milk (scant)
2 teaspoons cornstarch
2 tablespoons arrack (or wine)
⅜ cup thick cream

Prepare sauce after same method as given for vanilla sauce. When cold add arrack or wine to taste and just before serving fold in the whipped cream. Serve cold with thin pancakes or puddings of flour or of cereals.

317. Liqueur Sauce

(6 servings)

¾ cup water
4½ tablespoons sugar
1 teaspoon cornstarch (arrowroot)
1½ tablespoons water
green coloring
about ½ cup liqueur

Cook a sirup of the sugar and water, add cornstarch or arrowroot flour mixed to a paste with cold water, cook until sauce is clear and add enough coloring to give a pale green tint. Pour into a hot bowl and at the last moment add the liqueur. Serve with pancakes, puddings and similar desserts.

318. Brandy Sauce

(6 servings)

Caramelize ½ cup sugar without burning, add an equal quantity of water and stir until sugar is dissolved. When to be served reheat and pour into sauce bowl. Carefully pour brandy (about ½ cup) in at one side of the bowl and light. Serve with marrow, plum or other heavy puddings.

Meats

319. Meat Cuts

Meat cuts called for in Swedish recipes are not always identical with those sold in American markets. Corresponding cuts have therefore been suggested where necessary. In general different grades and kinds of meat are selected according to the way in which they are to be cooked, so that principles of choice, care and preparation are the same as for all good meat cookery. Where special rules apply the individual recipe so indicates.

320. Braised Beef Tenderloin

(12 servings)

3½ lbs. beef tenderloin, well aged
1 slice fat pork, cut in lardoons
salt, 2 tablespoons butter
2 cups dark stock

Gravy: meat juice
1½ teaspoons potato or arrow-root flour, (truffles)
3-6 tablespoons Madeira

Trim the meat if necessary and wipe with a damp cloth. Roll the finely cut lardoons in salt and insert them in even rows over the top surface of the meat. Tie string around the fillet in several places so as to hold it in the shape of a roll. Rub with remaining salt (2 teaspoons in all) and sear on all sides in butter, preferably in an iron pan. Cover and cook slowly 22-25 minutes, the length of time depending upon the thickness of the meat. Baste several times with hot stock and wine. When done the meat should be a light pink in the center. A slice cut through the middle will show if properly done.

Remove string and cut the meat into ½-inch slices, leaving them in place so that the fillet has the appearance of being whole. Strain meat juice left in the pan, add flour first blended with a little cold water, then remainder of Madeira, finely chopped truffles and truffle liquid if to be

used, then seasonings to taste. Heat through and serve in a separate bowl. Serve with French fried potatoes and delicately flavored vegetables.

321. Beef Tenderloin Pastry Rolls

(12 servings)

3½ lbs. beef tenderloin, well aged
1 slice fat pork, cut in lardoons
2 teaspoons salt
3 tablespoons butter, stock
***Sauce:* 1 large can mushrooms**
4 tablespoons butter
6 tablespoons flour
salt, pepper
***Pastry dough:* recipe No. 75**
***Coating:* beaten egg**

Prepare the meat as directed in recipe No. 320. Braise for 17-20 minutes while basting two or three times. Remove from the pan, cut away the string, chill thoroughly and cut in two crosswise. Make creamed mushrooms as directed in recipe No. 70.

Prepare pastry dough as directed in recipe No. 75, using 2 cups of flour. Cut the meat into medium thick slices and spread between each two a spoonful of mushrooms. Lay the slices back in place and coat the top also with creamed mushrooms. Divide the dough into two equal parts and roll each into an oblong piece. Place a half tenderloin on each using care not to disarrange the slices. Fold the dough around the meat package fashion and wet edges of dough and pinch together. From any left-over dough cut out small pieces in the shape of leaves and flowers and arrange these on top of the rolls as a garnish. Brush the whole surface with beaten egg and bake in a fairly hot oven (425° F.) for 20 minutes or until dough is crisp and browned. Heat the pan gravy left from the meat, strain, season and serve separately.

322. Jellied Beef Tenderloin

(12 servings)

3¾ lbs. beef tenderloin, well aged
½ tablespoon salt
1 slice fat pork, cut in lardoons
***Searing:* 3 tablespoons butter**
***Basting:* stock**
***Garnish:* 8-12 slices of cooked, cured ox-tongue**
green salad
***Aspic:* 2½ cups stock**
1¼ tablespoons gelatin
1 egg white
1 teaspoon brandy, or cognac
***Aspic garnish:* 2 cups stock**
1½ tablespoons gelatin
1 egg white
1 teaspoon brandy, or cognac

Prepare the tenderloin, sear in butter and cook for about 30-40 minutes as directed in recipe for braised tenderloin. Time will depend upon the thickness of the meat. It should be a rare pink color in the center. Remove from pan and set in a cold place until thoroughly chilled through before slicing.

Cut the meat into attractive uniform slices. With a scissors notch edges of the sliced tongue to represent cockscombs and lay a piece on top of each slice of tenderloin. Arrange slices on a large flat dish without touching each other and drip over them the gelatin coating made after directions in recipe No. 374. Set aside in a cold place to stiffen, then remove to a platter. For an attractive service set a small mound cut from bread in the center and cover this with lettuce leaves, then lean slices of meat against it. In between the slices arrange spoonsful of diced gelatin garnish prepared after directions in recipe No. 374. Serve with a light salad of lettuce or other greens.

VARIATION: Veal tenderloin may be prepared in the same manner as the beef tenderloin. For a more elaborate dish spread slices of meat with pâté de foie gras before decorating with tongue. Chopped truffles may also be sprinkled over the meat before coating with aspic.

323. Braised Larded Sirloin of Beef

(8 servings)

2¼ lbs. boneless beef sirloin
½ tablespoon salt
1 slice fat pork, cut in lardoons
***Searing:* 2 tablespoons butter**

Wipe the meat with a damp cloth and insert lardoons first dipped in salt in even rows over the surface. Rub remaining salt into the meat, then truss with string to hold it in shape. Sear meat on all sides in butter, then baste with weak stock every 10 minutes while cooking slowly for about 50-60 minutes. Carve meat into fairly thin slices, leaving them in place. Garnish with lettuce or endive leaves. Strain the meat juice, reduce by cooking if too weak, strain and season to taste. Serve separately as a gravy. Serve with browned potatoes, vegetables and a salad.

324. Beef Chuck Braised with Ham

(6 servings)

3½ lbs. beef chuck, salt
¼ lb. ham, sliced, 2 carrots, sliced
½ Portuguese onion, sliced
2 cups stock, ¾ cup Madeira

Trim and wipe the meat, cover with slices of ham and tie with string to hold the ham in place and to give the meat an attractive shape. Melt the butter in a deep kettle, add carrots and onion, place meat on top of these, cover and braise slowly. Baste several times with stock and wine and continue to cook about 3 hours, or until meat is very tender.

Remove strings and coat with thick meat extract or set in a hot oven to sear before serving. Strain the meat juice in the pan, skim, and if too thin, reduce by further cooking, season to taste and serve separately.

325. Royal Pot Roast

(6 servings)

3½ lbs. round, or rump, well aged
2 tablespoons butter
½ tablespoon salt
½ yellow onion, chopped
2-3 anchovies, 6 peppercorns
3-4 tablespoons vinegar
1 bay leaf, 15 allspice
1½ tablespoons sirup
2 tablespoons brandy, or cognac
Basting: 2 cups rich milk, stock or water
Gravy: meat juice, salt, pepper
3 tablespoons flour
⅜-¾ cup rich milk

Wipe the meat with a damp cloth, pound with meat hammer and truss into shape with string. Sear well on all sides in butter, add all the seasonings and part of the milk, cover tightly and allow to braise slowly for about 3 hours or until very tender. Baste frequently with milk or stock.

When done, remove from the pan and make a gravy from the meat juice, adding more milk as needed. Season well and pour over the pot roast. Serve with browned potatoes and tomato or other vegetable salad.

326. Sour Beef

(12 servings)

6½ lbs. rump, or bottom round
1½ tablespoons salt
Pickle: 2 qts. weak beer
⅜ cup weak vinegar, ⅜ cup sugar
1 large red onion, sliced
4 bay leaves, 10 cloves
15 allspice, 15 peppercorns
(1 small juniper twig, or
1 teaspoon juniper berries)
Larding: 1 slice fat pork, cut in lardoons, 1 teaspoon salt
½ teaspoon white pepper
Searing: 3 tablespoons butter
Basting: 1 qt. milk, stock, or water
Gravy: meat juice
5 tablespoons flour
1⅓-1⅝ cups rich milk
salt, pepper

Combine the ingredients for the pickle. Wipe the meat with a damp cloth, rub with salt and immerse in pickle. Cover and let stand in a cool place for 7-8 days, turning occasionally so that all the meat gets equally well exposed to the pickle.

Remove the meat from the pickle, wipe dry and insert fine lardoons first rolled in salt and pepper over the surface. Rub remaining salt into meat and sear in butter. Cook slowly for 3-4 hours or until very tender, basting with hot milk or stock several times while cooking.

Strain and skim the juice left in the pan. Return a little of the fat to the pan, add flour and stir until browned, add meat juice gradually, then milk or thin cream and continue to cook about 8-10 minutes. Season to taste and serve with the meat. Serve with browned potatoes, cucumbers in vinegar and a jelly or pickled tomatoes.

327. Beef Rolls, Braised

(6 servings)

2¾ lbs. sliced round steak
1 slice fat pork, cut in lardoons
¼ teaspoon white pepper, salt
3 tablespoons cooking fat
weak stock, 10 allspice
5 peppercorns, ½ bay leaf
1 yellow onion, sliced
1½ tablespoons weak vinegar
1½ tablespoons brandy
2 anchovies, cleaned
¾ tablespoon sirup
***Gravy:* meat juice**
2-3 tablespoons flour
⅜-¾ cup cream, salt, pepper

Wipe the meat with a damp cloth, pound with a meat hammer, season with salt and pepper and cut into uniform small slices for individual service. On each piece of meat lay a lardoon first rolled in mixed spices. Roll each piece of meat and tie in shape with a string. Sear on all sides in fat, baste with a little water or stock, add seasonings, cover tightly and let simmer for about 2 hours or until tender. Baste and turn meat occasionally during cooking.

Prepare gravy as directed for sour beef. Remove strings from meat rolls, immerse in gravy and serve while very hot. Rolls may be arranged pyramid fashion on a platter and gravy served separately. Serve with boiled or browned potatoes, vegetables and a light salad.

328. Beef Rolls with Ham

(6 servings)

3¼ lbs. boneless round, or other steak, sliced
6-8 Portuguese onions
***Searing:* 2 tablespoons fat**

¾ tablespoon salt
½ teaspoon white pepper
5 oz. ham
Gravy: 3 tablespoons flour
3 tablespoons cream
1 tablespoon Madeira

Pound the slices of meat with a meat hammer, rub with salt and pepper and lay on each a strip of fat cut from the ham, then roll and tie with string. Cut remaining ham into small cubes and brown, add beef rolls and onions and continue browning until meat is well seared on all sides. Add enough hot water to barely cover the rolls, cover tightly and allow to cook slowly about 2-2½ hours or until tender.

Mix flour with a little cream and water and add to meat juice in the pan and stir until thickened. Add Madeira if desired. Serve with boiled potatoes.

329. Collops

(6 servings)

2¾ lbs. beef chuck or round, sliced
¾ tablespoon salt, pepper
2 tablespoons butter, or fat
water, or weak stock
8 allspice, 1 bay leaf
1 large onion, sliced
Gravy: 2 tablespoons flour
6-7 tablespoons water

Wipe the meat with a damp cloth, season and pound with a meat hammer. Sear on both sides in fat, add seasonings, onion and enough water or stock to just cover. Allow to simmer for about 2-2½ hours or until very tender. Make a gravy in the same manner as described for beef rolls, adding enough water to make it fairly thin. Season to taste. Serve with boiled potatoes or macaroni.

330. Goulash

(6 servings)

I—1½ lbs. boneless beef
3 yellow onions, sliced
3 potatoes, sliced
¾ tablespoon salt
½ teaspoon pepper
3 tablespoons tomato purée
water, or weak stock
II—6-7 large potatoes, cubed
2 tablespoons brandy
1 tablespoon butter, paprika

Wipe the meat with a damp cloth and cut into ¼ inch cubes. Arrange meat and vegetables in alternate layers in deep iron pan or kettle, adding seasonings between layers. Pour on tomato purée and a little stock or water, cover tightly and cook over a slow fire for 1½ hours.

Stir carefully and baste during cooking if necessary. When almost done add cubed potatoes and when these are tender add paprika and brandy or dry wine if desired, stir in butter and serve very hot.

331. Stuffed Flank

(8 servings)

3¼ lbs. flank steak
1¼ tablespoons salt, pepper
1 slice fat pork, cut in lardoons
½ medium yellow onion, chopped
2 apples, cut in small sections
6-8 cooked, pitted prunes
***Searing:* 2 tablespoons butter**
***Basting:* stock, or water**
***Gravy:* meat juice**
3 tablespoons flour, cream

Wipe the meat with a damp cloth and pound with a meat hammer, rub with salt and pepper and spread with onion. In the center of the meat lay a row of prunes and apple sections, then roll tightly and tie in shape with string. Insert lardoons over the outside and sear on all sides in butter. Braise slowly in the same manner as pot roast, turning and basting occasionally with water or stock. Cook about 4 hours or until very tender. Skim the juice in the pan and make a gravy in same way as directed for beef rolls.

Carve the meat into thin slices and arrange attractively on a platter. Serve with browned potatoes and a vegetable salad.

332. Breaded Brisket

(6 servings)

3¼ lbs. beef brisket
a few root vegetables
½ egg, salt
2 tablespoons butter
sifted rusk crumbs
1 teaspoon salt, pepper

Wipe the meat with a damp cloth. The bone should be sawed in several places to make it simpler to carve, but the brisket should be kept in one piece. Barely cover with water, add salt, cook for a short while, then skim and add vegetables cut into small pieces. Cover again and allow to simmer for 3-3½ hours or until meat is tender. When done remove from pan and set to cool. Brush with a mixture of melted butter and beaten egg and roll in crumbs which have been seasoned to taste. Shortly before serving set the brisket in a hot oven to brown.

Garnish with parsley and serve separately a mushroom, caper, olive or green sauce.

333. Ox-tongue with Mushrooms and Green Beans

(12 servings)

1 lightly cured ox-tongue
10 peppercorns
***Sauce:* 4 cups mushrooms**
4 tablespoons butter
(3 tablespoons flour)
thin cream, or whole milk
salt, pepper or paprika
***Garnish:* 4 cups green beans**

If very salt soak the tongue in cold water overnight. Pour off the water and cover again with cold water, heat up, skim and add peppercorns. Simmer for about 2½ hours, remove skin and continue to cook slowly until tender. It is preferable to cook tongue a day in advance and let it cool in its own liquor. If to be served warm it may be reheated in the liquor.

Cut the tongue into uniform slices at a slant and arrange attractively on a platter. Serve separately a Madeira, mushroom or tomato sauce.

VARIATION: Select a small tongue and soak until salt is well removed. Cook as directed, slice and arrange slices without touching in an attractive fashion on a platter. On each slice place a tablespoonful of thick mushroom sauce and at one end of platter or as a border add cooked green beans. If preferred serve beans separately and garnish the platter instead with parsley and cut lemon. To make the mushroom sauce follow directions in receipt No. 70. The sauce must be cooked until thick enough to hold its shape when placed on the meat.

334. Pot Roasted Veal

(6 servings)

3¼ lbs. leg of veal
½ tablespoon salt, pepper
***Searing:* 2 tablespoons butter**
***Basting:* 1⅛ cups cream, stock**

Wipe the meat with a damp cloth and pound, then tie into shape with string. Rub surface with seasonings and sear on all sides in butter. Baste with cream and stock, a little at a time, then cover and cook slowly about 2-2½ hours or until meat is tender. Remove from the kettle and make a gravy from the meat juice, season to taste and serve separately. Serve with browned potatoes, green vegetables or a salad.

VARIATION: Soak the meat overnight in milk and lard with very fine strips of ham fat before cooking. Breast of veal may be prepared after these same directions. In either case, the meat may be pot roasted in the oven instead of on top of the stove.

335. Larded Shoulder of Veal

(6 servings)

3½-4½ lbs. shoulder of veal
3 slices fat pork, cut in lardoons
3 tablespoons meat drippings
1 carrot, sliced
few slices of yellow onion
meat stock, or broth
½ tablespoon salt, pepper
***Garnish:* 20 small shallots**
1 qt. fresh mushrooms, or
¾ cup canned mushrooms

Wipe the meat with a damp cloth. Roll lardoons in salt and insert over the surface of the meat. Sear on all sides in fat, add carrot and onion and when browned, sprinkle with salt and pepper, add a little stock or meat juice and cover tightly. Simmer for about 2½ hours or braise slowly in oven for about same length of time. When half done add small onions and mushrooms. When done remove from the pan or kettle, place on a hot platter, carve into thin slices and pour over them the pan juice first skimmed and strained. Garnish with the onions and mushrooms and serve with baked or browned potatoes.

336. Roast Saddle of Veal

(12 servings)

6½ lbs. saddle of veal
1 tablespoon salt, pepper
fine lardoons of fat pork
1 cup meat drippings

Trim off ends of the rib bones so they do not jut out beyond the edge of the meat cut. Wipe the meat with a damp cloth. Roll fine lardoons in mixture of salt and pepper and insert in close rows over the surface. Lay in a roasting pan, pour over the hot drippings, set in a fairly hot oven (400° F.) and roast for about 1½-1¾ hours. Baste every 10 minutes with the hot fat in the pan. At this temperature it is not advisable to use butter. When done remove from the pan, lay on a meat board and with a sharp knife carefully cut the meat from the bone. Carve each of the two loin pieces into uniform slices, keeping them in place as carved. Lay the meat back on the saddle and reheat two or three minutes in the oven before serving. Serve separately a dark mushroom or truffle sauce and a vegetable plate of green peas, beans, cauliflower and potato balls browned in butter.

337. Breaded Saddle of Veal

(12 servings)

6½ lbs. saddle of veal
2 tablespoons butter

1 tablespoon salt (scant)
2 slices fat pork, cut in lardoons
6 tablespoons butter
Basting: stock, or water
Panada: 4 cups mushrooms, cooked
4 tablespoons flour
¾ cup cream, mushroom liquor
2 egg yolks, beaten, salt
sifted dry rusk crumbs
1 tablespoon butter

Break the rib bones at the ends next the backbone and trim out, but leave the backbone. Wipe the meat with a damp cloth. Along the backbone cut a gash through the skin and carefully loosen the skin far enough so it can be folded back. Roll lardoons in salt and insert over the surface in even rows. Spread with a little butter and lay the skin back in place. Tie into shape with string, lay in a roasting pan, set in a fairly hot oven and when seared baste with stock or water several times until meat is tender. If meat starts to brown too much lay a wax paper over the top. If roasted at 400° F. allow about one hour or a little over. When tested with a skewer the juice should be colorless. Avoid roasting too long, as this tends to dry out the meat. When done set aside to cool.

To make the panada melt butter, add flour to make a smooth paste, then stir in gradually mushroom liquor and cream and lastly the beaten yolks. Simmer gently until thickened, add diced mushrooms, season and allow to cool. The panada must be thick enough to spread.

Carefully cut the whole loin muscles from the saddle, lay on a meat board and carve into uniform slices. Lay the slices back in place on the saddle, spread panada between the slices, then cover outer surface with remaining panada. Sprinkle well with fine crumbs and melted butter and return the meat to the roasting pan. Roast for about 35 minutes in a fairly hot oven, remove to a platter and garnish with vegetables. Serve separately the strained meat juice from the roasting pan or a dark mushroom sauce.

338. Veal Fricandeau

(6-8 servings)

3¼ lbs. leg of veal, boneless
1 tablespoon salt, pepper
1 slice fat pork, cut in lardoons
4 spices (see glossary)
2 carrots, sliced
1 stalk celery, sliced
2-3 slices yellow onion
1 sprig parsley, tied with
½ bay leaf
2 tablespoons butter

Wipe the meat with a hot, damp cloth and pound lightly with a meat

hammer. Roll small lardoons in mixed seasonings and insert over the surface of the meat in close even rows. Melt the butter, add vegetables, parsley and bayleaf, sprinkle with salt and pepper and over this lay the meat, add about a cup of meat stock and cover. Set in moderate oven (350° F.) and bake for about 2-2½ hours. When meat and vegetables start to brown add more stock.

When the meat is tender remove from the pan and set in the oven to brown. Skim, strain and season the pan juice, adding a little tomato purée or meat extract if gravy seems too tasteless. Lay meat on a platter and carve in even thin slices. Pour over a little of the strained meat juice and serve the rest separately. Serve with such vegetables as peas, cauliflower, Brussels sprouts and potatoes.

339. Boneless Loin of Veal

(6 servings)

2 lbs. boneless loin of veal
¾ teaspoon salt, pepper
1 slice fat pork, cut in lardoons

Searing: 2 tablespoons butter
Basting: 1¼-1¾ cups cream
¼-⅓ cup Sherry or Madeira

Wipe the meat with a damp cloth. Roll small lardoons in salt and pepper and insert over the surface. Rub rest of seasonings into the meat and tie into shape with string. Sear in butter, baste and turn several times until meat is well browned and tender, ½ hour or more. Remove from the pan and carve into slices. Arrange slices in overlapping rows on a platter, add a little of the strained pan juice and garnish with fresh green peas on one side and cooked mushrooms on the other side of the platter. Serve remaining pan juice, seasoned to taste, as gravy.

340. Veal à la Milanaise

(6 servings)

2 lbs. veal cutlets, 1-2 eggs, beaten
½ tablespoon salt, pepper
(1-2 tablespoons oil), rusk crumbs
6-7 tablespoons Parmesan cheese
Searing: 2 tablespoons butter
2 tablespoons oil

Garnish: ½ lb. spaghetti, cooked
2-3 tablespoons tomato purée
2-3 slices cold cooked ham
2-3 tablespoons cooked mushrooms, 2 tablespoons butter
2-3 tablespoons grated cheese

Pound the meat lightly with a meat hammer, rub with salt and pepper, brush with a mixture of egg and oil, dip in grated cheese and allow

to stand for a while to set. Dip again in egg mixture and roll in fine crumbs. Fry in a mixture of butter and oil either on top of the stove or in the oven for ½ hour or until tender. Veal is best when not cooked at a high temperature.

Brown chopped mushrooms in butter, add purée, cheese and spaghetti, then reheat and season with salt and pepper to taste. Pour into the center of a platter and arrange the cutlets as a border.

341. Stuffed Breast of Veal

(8-10 servings)

4½ lbs. breast of veal
½ tablespoon salt
***Stuffing:* 5-6 oz. pork tenderloin**
2½ oz. fat fresh pork, salt
4 spices (see glossary)
1 teaspoon minced tarragon, or chervil
1 teaspoon minced parsley
½ teaspoon minced chives
1 egg, 6 tablespoons cream
***Searing:* 2 tablespoons butter**
***Basting:* stock, or rich milk**

Select a thick piece of veal breast meat. Wipe with a damp cloth and cut out the rib bones. From one side cut an opening at a slant so as to form a pocket.

Grind pork, then pound in a mortar, adding gradually seasonings, egg and cream (or cognac). Fill the pocket in the meat with meat farce and sew or skewer the opening together. Rub meat with salt, sear in fat, baste with stock and a little cream and braise in oven about 3 hours. To give an attractive glaze to the meat brush with rich meat extract and return to the oven for a few minutes. Skim the juice in the pan, season and serve separately as gravy. Serve with green vegetables, browned potatoes and a light salad.

342. Glazed Shoulder of Veal

(6 servings)

3¼ lbs. veal shoulder
1 piece pork rind
1 slice fat pork, cut in lardoons
1 sprig parsley, ½ bay leaf, 3 cloves
5 peppercorns, 1 tablespoon salt
meat stock, or water
***Garnish:* cooked, glazed shallots**
small cooked carrots

Wipe the meat with a damp cloth and insert lardoons in even rows over the surface. Lay the meat on a piece of pork rind in a kettle or pan barely large enough to hold it. Add seasonings and enough water to just cover, bring to a boil, skim, cover and simmer for about 2 hours or

until meat is tender. Remove from stock, drain and lay in a shallow pan, set in a hot oven, baste with a little of the stock and roast until nicely browned.

In the meantime cook down the stock left in the kettle to about three-fourths the original amount. Season, skim and strain. Arrange the meat on a platter, garnish and serve with vegetables and the concentrated meat juice as gravy.

343. Swedish Veal Birds

(6 servings)

2¼-2¾ lbs. veal cutlets
¾ tablespoon salt, pepper
1 large sprig parsley, minced or minced onion
3 tablespoons butter
Searing: 2 tablespoons butter
Basting: ¾ cup cream meat stock, or water
Gravy: 2 tablespoons flour meat juice, stock (Worcestershire sauce) salt, pepper

Wipe the meat with a damp cloth and pound with a meat hammer, season and on each piece of meat place a dab of butter mixed with minced parsley or onion. If necessary cut the meat into uniform sized pieces suitable for individual service. Roll and tie each with string. Sear rolls in butter. Rinse the pan with a little hot water and pour over the rolls. Return to the pan, baste with cream, water or stock and cook over a slow fire for about 1½-2 hours or until meat is tender. Baste occasionally and when meat is done remove from the pan, strain and skim the pan juice, thicken with flour blended with a little water and season to taste. Cut away strings and lay rolls in the gravy to reheat. Serve with new boiled potatoes and a light salad.

344. Stuffed Rolls of Veal and Ham

(6 servings)

1½ lbs. veal cutlets (9 pieces)
9 pieces raw ham (not too lean)
Stuffing: a few tarragon leaves
few blades of chives, chervil
1 yellow onion, minced
⅜ cup white crumbs
½ cup warm milk, or stock
salt, white pepper
Garnish: 2 carrots, thinly sliced
1 yellow onion, thinly sliced
⅜ cup mushrooms, chopped
2 tablespoons butter, stock

Wipe the meat with a damp cloth and flatten out by pounding it with the fist. Moisten bread crumbs with milk or stock and mash with a

wooden spoon, add seasonings and onion and stir until well blended and smooth. Spread each piece of veal with a spoonful of the stuffing, over this place a slice of ham, then roll so that stuffing and ham are completely covered by the veal and tie each roll with string.

In the bottom of a kettle lay carrots, onion, ham trimmings and butter and on top of this arrange the rolls in a single layer. Add mushrooms between the rolls. Sear, baste with stock, cover and cook slowly for about 1½-2 hours. Move rolls about occasionally and stir the vegetables so that they do not stick to the kettle. When the meat is done, cut away the strings, place in a serving dish and surround with vegetables. Cook down if necessary the pan juice, season and pour over the rolls.

345. Veal Meat Balls

(6 servings)

⅞ lb. boneless veal
½ lb. boneless pork
4 medium potatoes, peeled
1⅝ cups milk
salt, white pepper
2 tablespoons butter
3 tablespoons minced parsley
Searing: 2 tablespoons butter
Basting: 1⅛ cups rich milk, weak stock, or water
Gravy: 3 tablespoons flour
meat juice, salt, cream

Wipe the meat with a damp cloth and cut into small pieces, then run through a meat grinder 4 times, the last time together with the potatoes. Stir mixture vigorously, gradually adding the milk, season and shape into balls. Lay the balls on a floured meat board and flatten into thin cakes. On each place a dab of butter mixed with parsley and carefully roll up each cake. Brown balls in butter, baste with milk and stock, a little at a time, cover tightly and cook slowly for about 30-35 minutes. Shake the pan occasionally to keep the balls from sticking. Remove from the pan, mix flour with a little of the pan juice, allow to brown and gradually add remaining juice and enough cream to give desired consistency and color. Season, return the balls to the gravy, reheat and serve. Serve with green vegetables, boiled potatoes and cucumbers.

346. Veal Timbales

(25 timbales)

Panada: ½ cup flour, 1 cup water
Farce: 1 lb. scraped veal
⅔ cup butter
4 egg yolks, ⅝ cup thin cream
⅝ cup thick cream
2 egg whites, salt, pepper

Prepare a panada as directed in recipe No. 407. When done set aside to chill thoroughly. Scrape the meat and weigh, pound in a mortar together with the panada and butter until well mixed, then add gradually yolks and thin cream first beaten together. When thoroughly blended force through a fine sieve and beat vigorously. Carefully fold in whipped thick cream and beaten whites and season more if necessary.

Grease small timbale molds well with cold butter, fill three-fourths full with timbale mixture and set in a water bath in a shallow pan. Cover with wax paper and steam, preferably in the oven, for 12-15 minutes or until firm when tested with a straw.

Cover the bottom of a deep platter with a dark rich mushroom sauce flavored with Madeira (recipe No. 287). Unmold the timbales and set in the sauce. Additional sauce may be served separately.

If the timbale mixture is cooked in a large mold allow 50-60 minutes for steaming. Do not let the water boil.

347. Calf's Liver Braised Whole

(6 servings)

1¾ lbs. veal liver
lardoons of fat pork
½ tablespoon salt, pepper
1 piece stomach casing (calf)
***Searing:* 2 tablespoons butter**
1 tablespoon sugar
***Basting:* ½ qt. milk**
weak stock, or water
***Gravy:* 1-1½ tablespoons flour**
¾ cup cream, stock

Wash and wipe the liver, insert small lardoons rolled in salt and pepper over the surface, then rub remainder of seasonings into the meat. Wash and dry the casing and wrap around the liver, fastening edges together with toothpicks. Sear in a kettle, add sugar, baste with milk, cover and cook slowly for about 1½-2 hours. Baste several times and turn occasionally so as to brown evenly. If pierced with a skewer the juice from the liver should be colorless.

Remove the meat from the kettle or pan and thicken the pan juice with flour first blended with a little cream. Cut the casing away, slice and serve liver with boiled potatoes, "lingon" relish and cucumber salad.

348. Calf's Liver à la Bourgeoise

(6 servings)

1¾ lbs. veal liver
1 slice fat pork, cut in lardoons
1 tablespoon butter, or lard
⅝ cup white wine, stock

2 tablespoons minced parsley
1 slice yellow onion, minced
½ tablespoon salt, pepper
4 spices (see glossary)
1 piece stomach casing
20 shallots
2-3 carrots, cut in thick slices
Gravy: 1½-2 teaspoons potato flour
meat juice
2 tablespoons tomato purée

Wash and wipe the liver. Roll lardoons in salt and pepper and insert over the surface of the liver. Wash and dry the casing and wrap around the meat. Fasten edges with toothpicks or small skewers and sear in fat. Add wine and baste with stock at intervals while cooking, but do not add so much that the liver stews. After cooking about an hour add shallots first browned in butter and the carrots, then continue to cook until both liver and vegetables are tender, about 1½-2 hours in all. If pierced with a skewer the juice should be colorless.

349. Calf's Liver à la Italienne

(6 servings)

1¾ lbs. veal liver
(1 piece stomach casing)
½ tablespoon salt, pepper
3 tablespoons oil and butter
3 shallots, or 1 yellow onion
(½ clove of garlic, crushed)
½ bay leaf, crushed
1 sprig chervil, chopped
1 cup finely chopped mushrooms
Basting: stock, rich milk
Gravy: 2½ tablespoons flour
(white wine)

Wipe the liver and cut into attractive slices, season with salt and pepper and sear in butter and oil. Lay the casing in the bottom of a small kettle, on this lay the slices of liver, adding rest of seasonings between the layers. Over the top pour mushroom liquor and the juice from pan in which liver was seared. Cover and cook slowly for about 50-60 minutes or until liver is tender.

Remove the liver from the kettle. Skim juice and pour from the kettle. Add flour to a little of the pan fat and allow to brown, then add gradually the juice and cream until gravy is smooth and of desired thickness. If desired a little white wine may be added last. Season to taste, return the liver to kettle and reheat in the gravy. Serve with boiled potatoes and a cucumber or other tart salad.

350. Breaded Calf's Head

(6-8 servings)

Skin a calf's head and split in two lengthwise, soak in cold water for

several hours and scrub well. The brain may be removed, cooked separately and used for sauce or other purpose. Barely cover the meat with water, add 1½ tablespoons salt and 10 peppercorns, cook 10 minutes and skim. Add a few cubed soup vegetables and continue to simmer until meat is tender and loosens from the bone. Cut the meat from the bone in as large pieces as possible and set aside to cool thoroughly.

Cut the meat into uniform slices, brush with beaten egg diluted with 1 tablespoon cold water, roll in sifted crumbs and fry quickly in hot butter or in deep fat. Serve with creamed vegetables and gravy or a sharp sauce (recipe No. 304). To make gravy thicken the stock in the kettle with flour, add chopped cooked brain, a little Worcestershire sauce or chopped pickles and seasonings to taste.

351. Saddle of Lamb

(12 servings)

8½-9 lbs. saddle of lamb
1 tablespoon salt
2 slices fat pork, cut in lardoons
1 clove of garlic, meat stock

Cut rib bones away from the backbone and trim out, but leave the backbone. Wipe the meat with a damp cloth and pound lightly with a meat hammer. Remove the fell on the outside and insert over the surface fine lardoons first rolled in salt. In between the lardoons insert very fine strips of garlic. Cut off one-half of the meat toward the breast ends and fold in remaining half toward each side of the backbone. Tie in place with string and lay in a long roasting pan, pour on a little hot stock and roast in a moderate oven (325° F.). Baste if necessary during the roasting. Flavor of the gravy will be improved by laying a couple of slices of yellow onion and a couple of sliced carrots in the bottom of the roaster. Allow 1½ hours or longer but do not overroast the meat.

When done remove from the pan to a meat board. Carefully cut loin muscles from the backbone, carve into thin, uniform slices and arrange in place again on the saddle. Remove to a platter with a border of hot string beans, Pommes Lorette and small glazed carrots. Instead of the vegetables a purée of chestnuts or Jerusalem artichokes may be served separately. To make gravy skim the meat juice in the pan and season with tomato purée or add rich brown sauce (recipe No. 278).

If mutton is used in place of lamb soak the meat in milk for a couple of days before cooking. Allow a longer time for roasting.

352. Lamb Roast—Swedish Style

(10-12 servings)

5-5½ lbs. lamb roast
¾ tablespoon salt
1 teaspoon dry mustard
1 clove of garlic, or 1 sprig parsley
Basting: weak stock, or water
1 cup coffee (cream and sugar)
Gravy: meat juice
5 tablespoons flour
⅜-¾ cup cream
1-2 teaspoons currant jelly

Wipe the meat with a damp cloth, rub with salt and mustard mixed together, insert needle-like lardoons of garlic over the surface and lay in a roasting pan. Roast in a moderate oven (350° F.) for about 2½-3 hours. Baste with stock and turn occasionally. When half done baste with coffee.

Prepare gravy by the usual method, using the pan juice as liquid, cook 10-12 minutes, then add salt and jelly. Carve the lamb into fairly thick slices and serve very hot. Serve with a choice of vegetables, browned potatoes and a green salad.

353. Marinated Lamb Roast

(8-10 servings)

5-5½ lbs. lamb roast
1 slice fat pork, cut in lardoons
Marinade: 1½ qts. weak beer
1 cup weak vinegar
15 peppercorns
1 tablespoon juniper berries, crushed, 5 allspice, 1 bay leaf
2-3 shallots, sliced
2-3 red onions, sliced
1 clove garlic
1 carrot, diced
3 tablespoons salt
3 tablespoons brown sugar
Basting: meat stock

Remove the fell and wipe the meat with a damp cloth. Roll lardoons in salt and insert over the surface. Combine and cook ingredients for marinade in a covered pan for one hour, then strain and chill. Pour the marinade over the meat and set in a cold place for 2-4 days. If weather is warm and meat is allowed to stand more than 2 days, reheat the marinade, chill and pour over the meat again.

Remove the meat from the marinade, wipe well, lay in a roasting pan, set in moderate oven (350° F.) and roast about 2-2½ hours. Baste occasionally while roasting and sprinkle with salt. When done place on a hot platter. Serve with pan juice as gravy or with a sauce Venaison (recipe No. 286) and assorted cooked vegetables.

354. Loin of Lamb Roast

(6 servings)

3¼ lbs. loin of lamb roast
1¼ teaspoons salt, stock
***Garnish:* cooked carrots**
cooked peas, Brussels sprouts
cooked potatoes
1-2 tablespoons butter

Wipe the meat with a damp cloth. With a sharp knife score the top surface in a diamond-shaped pattern. Lay the meat in a roasting pan, add a little stock, sear in a hot oven, sprinkle with salt, reduce temperature to 350° F. and continue to roast for about 45 minutes or until meat is tender but not dry.

Remove the meat to a hot platter, surround with vegetables first heated in butter and serve with Pommes Lorette (recipe No. 449). Add a little strong dark stock or kitchen bouquet to the juice in the pan and serve separately as gravy.

355. Lamb with Dill

(6 servings)

Wipe well with a damp cloth and break the bones in a 3 lb. piece of lamb breast. Immerse in boiling salted water, heat up, skim, add 10-12 large sprigs of dill, cover and simmer about 1½-2 hours or until the meat is tender. Cut into uniform slices, arrange on a platter and garnish with bits of dill. Serve with boiled potatoes and dill sauce (recipe No. 295), mushroom or caper sauce.

356. Lamb Breast with Dried Peas

(6 servings)

3¼ lbs. lamb breast
water, or stock, salt
2 cups dried green peas, soaked
2 tablespoons butter
cooked carrots, (sugar)
minced parsley

Wipe the meat and cut into sizes suitable for serving, cover with boiling salted water, bring to a boil, skim and add the peas. (Length of time for soaking the peas will depend upon the age and type of peas.) Cover tightly and cook slowly until the meat and peas are tender. Do not let the kettle cook dry, add more liquid if needed and stir the meat and peas a couple of times while cooking. When done remove the meat and allow the liquid to cook almost dry, then add the butter, a bit of sugar if liked and salt to taste. Turn into a serving dish, garnish with small carrots and minced parsley and serve very hot.

Fresh peas may be used, but in that case cook them separately and combine them with liquid just before adding the butter and seasonings.

357. Lamb Stew with Pears

(6 servings)

3¼ lbs. lamb breast, salt
6-7 half-ripe small cooking pears
⅔ lb. string beans
8 medium potatoes, pared

Wipe the meat with a damp cloth, break the bones, place in a kettle and half cover with boiling salted water. Bring water to a boil, skim, cover and cook slowly until meat is half done, then add beans, potatoes and pears. (If canned beans are used allow 2 cups and do not add until the last 25 minutes of cooking.) Continue to cook until all the ingredients are done, remove the meat, cut into small pieces and lay in a mound in the center of a serving dish. Surround with the vegetables and pears and pour on the pan gravy, first seasoned to taste. If the gravy seems too thin rice one of the cooked potatoes and add before pouring it on the meat.

358. Lamb Stew with Rice

(6 servings)

3¼ lbs. lamb breast
3 tablespoons good fat
1 yellow onion, 1 shred garlic
weak stock, or water, salt, pepper
fresh bouquet, ¾ cup rice
3 tablespoons butter

Wipe the meat with a damp cloth, cut it into slices and brown these together with chopped onion in the fat. Add stock or water to cover and seasonings, then cover tightly and cook slowly for about 1¼ hours or until almost done. Wash the rice, stir together with butter over the fire until yellow, then add to the meat and continue to cook until both meat and rice are tender. If the rice absorbs the liquid add more stock as needed. Remove the bouquet and turn the meat and rice into a serving dish.

Lamb Stew with Vegetables and Rice: Stew the meat for 1½ hours, then cut into pieces and brown lightly in butter. In the same butter brown 1 chopped onion, 2 sliced carrots and 1 diced rutabaga and combine with the meat and stock in a kettle. Cover tightly and cook slowly about 1 hour or until all ingredients are tender. Arrange the meat in the center of a platter and surround with a border of the vegetables and

steamed rice (recipe No. 122). Strain the pan gravy and pour over the meat.

359. Lamb Ragout

(6 servings)

3¼ lbs. lamb breast
3 tablespoons fat
3 tablespoons flour
1 clove of garlic, crushed
1¼ tablespoons salt, pepper
2 tablespoons tomato purée
1 bouquet of 1 sprig parsley and 1 bay leaf, 1 sprig chervil, thyme
***Garnish:* 12-15 small new carrots**
20 shallots, or onions
1 qt. potatoes, pared
1-2 tablespoons butter, (sugar)

Wipe the meat with a damp cloth, cut it into pieces and brown well in hot fat. Dredge lightly with flour, set in a hot oven until the flour has browned, add crushed garlic and heat again. Add enough water to half cover and the seasonings, cover tightly and cook slowly about 1½-2 hours or until the meat is tender.

Clean the vegetables, brown in butter (add a teaspoon suger if liked) and add to the meat about 35-40 minutes before it has finished cooking. Add the potatoes a little later, allowing about 25 minutes for them to cook. Skim the gravy, add more liquid if needed, also a few drops of kitchen bouquet to improve the color. Turn the meat and vegetables into a deep serving dish and garnish with parsley and a few green peas sprinkled over the top.

360. Lamb with Cabbage—*Får i Kål*

(6 servings)

2¾ lbs. lean lamb breast
1 head white cabbage
2 tablespoons butter
1½ tablespoons flour
1½ tablespoons salt
8 peppercorns, weak stock

Dice the cabbage and parboil in a generous amount of water in an uncovered pan. Drain and brown lightly in butter. Wipe the meat with a damp cloth, cut it into pieces and brown in fat. Place the meat and cabbage in alternate layers in a kettle, add seasonings and flour between the layers, then cover with water or stock and cook slowly for about 2½ hours. When done season to taste and skim off any excess fat. Arrange meat in the center of a serving dish, surround with cabbage and pour on the gravy.

361. Cured Rolled Lamb

large breast piece of lamb
1 tablespoon each salt and sugar
½ teaspoon saltpeter
½ tablespoon mustard, brine

Select a large well trimmed breast or side piece of lamb, remove all bones and pound well with a wooden mallet. Wipe the meat with a damp cloth, rub the inside with seasonings, roll the meat lengthwise, sew together and tie into shape with string. Cure the meat for 14 days in a brine as directed in recipe No. 362. Rinse in cold water, cook gently in water until tender and allow to cool in the liquor. Remove from the liquor and place under a light press. When ready to use cut into thin slices and serve as a cold meat appetizer, in sandwiches or as a garnish for salads and other cold dishes.

If the meat is to be kept a week or more after cooking, it can best be preserved in a light brine set in a cold place.

362. Brine for Curing Meat and Pork

Large Cuts: Combine ⅝ cup salt, ¾ cup sugar and ¾ tablespoon saltpeter, rub the surface of the meat with this mixture and set in a cool place overnight. The next day place the meat in a wooden or stone crock and cover with brine. Weight down with a plate and cover with a thick cloth to prevent evaporation. Turn the meat several times while curing. Ham will require about 3 weeks if to be well cured. When to be cooked soak meat first in cold water to remove excess salt.

Small Cuts: For such cuts as ox-tongue combine 4 teaspoons sugar and 2 teaspoons saltpeter, rub the meat with this mixture and set in a cool place for 24 hours. Heat 3 qts. water with 1⅝ cups fine salt and pour over the meat. Set in a cool place for 3 or 4 days, when meat should be sufficiently cured.

363. Ham with Aspic Coating

(20-25 servings)

1 lightly smoked ham (10-11 lbs.)
1 bottle Madeira, or red wine
Aspic: 3 cups stock, or ham liquor
2 tablespoons gelatin
1 egg white, 1 teaspoon cognac
Garnish: leaf of leek
red cabbage
small cooked carrots
cooked potato balls
cooked peas, minced parsley

Cook the ham gently for about 1½-2 hours, then pour off some of the water and add the wine, finish cooking and allow the ham to cool in its own liquor.

Prepare an aspic coating as directed in recipe No. 374. Near the shank end of the ham cut through the rind in zigzag fashion and remove the larger part of the rind. Slice the ham very carefully, keeping the slices in place. Cut long, thin strips of leek leaf, dip in aspic and place on ham to represent stems. Cut other pieces to represent leaves and place along the stems. Surround the whole design with a circle of round pieces of leek, alternately dark and light, first dipped in the aspic. Allow the design to set, then drip the aspic over the whole ham and set in a cold place to stiffen.

From the red cabbage cut shell-like cups and fill with the cooked vegetables and potato balls rolled in the parsley. Set these around the ham and serve a Madeira sauce (recipe No. 292) separately.

364. Prague Ham

(20 servings)

1 Prague ham (about 8 lbs.)
1 bottle dry white wine
1 leek, 1 bay leaf
6 peppercorns

A real Prague ham does not need to be soaked before cooking. Lay a plate or pie tin upside down in the bottom of a kettle and on top of this place the ham. Cover with cold water, bring to a boil and cook about ½ hour. Pour off the water, add the wine and enough hot water to barely cover the ham, add seasonings, then continue to cook another 1½ hours. If the ham is to be served cold, allow it to cool in its own liquor. Serve the hot ham with truffle or Madeira sauce and cooked vegetables. With the cold ham serve Carleton salad (recipe No. 86). For a more elaborate service the whole ham may be sliced and coated with aspic as directed in recipe No. 363.

365. Fresh Roasted Ham

(20-24 servings)

1 small fresh ham (9 lbs.)
3 tablespoons salt
¾ teaspoon ginger
¾ teaspoon white pepper
1-2 teaspoons French mustard
***Basting:* boiling water**

Scrub the rind, wash and wipe the meat well, then score the rind in a diamond-shaped pattern. Fill the incisions with a part of the season-

ings and rub the remainder over the meat. Lay the ham rind side up in a roasting pan, add a little hot water and set in a moderate oven to roast for about 4 hours (35 minutes to the pound). Baste occasionally and if a very crisp rind is desired increase the heat during the last 15 minutes of baking.

If the roast is to be served in slices the rind may be cut into small pieces and used as a garnish. Serve with well seasoned pork juice, Madeira or Cumberland sauce. The roast may be served hot or cold with garnish of peas, glazed carrots and timbale shells filled with creamed spinach.

366. Fresh Ham—Wild Boar Style

(20-24 servings)

1 fresh ham (9-10 lbs.)
Pickle: 2 qts. very weak beer
1⅛ cups weak vinegar
10 peppercorns, 10 allspice
2 tablespoons salt
5 cloves, 2 leeks
2 yellow onions, sliced
1 stalk celery, sliced
2 carrots, sliced
few sprigs chervil, or chives
2-3 teaspoons crushed juniper berries, (red wine)

Combine ingredients, cook for 1 hour and chill. Immerse the meat in the pickle and set in a cold place for 2-3 days or up to 10 days in cold weather. Turn the meat several times and keep it well covered with the pickle. A wet cloth may be spread over the top each day to prevent evaporation.

Several hours before cooking remove the meat from the pickle and set it to drain. Roast in the same manner as directed for fresh ham (recipe No. 366). When almost done baste with a little of the pickle. Serve either hot or cold. If served hot prepare a gravy by straining the pan juice, cooking it down first if necessary, then adding a little rich stock and currant jelly. Serve with a jelly and Pommes Lorette (recipe No. 449).

367. Pork Loin Larded with Prunes

(6 servings)

2¾ lbs. pork loin
½ teaspoon pepper, ¼ teaspoon ginger, 1¼ tablespoons salt
6-8 prunes, partially cooked, pitted
1 tablespoon butter
prune juice, boiling water
Gravy: pan juice
¾ tablespoon flour

Wipe the meat with a damp cloth, remove any excess fat and lard the surface in even rows with halves of prunes. Insert the fruit as deeply as possible into the meat. Rub the meat with mixed seasonings and sear on all sides, baste with a little of the prune juice, cover and braise slowly for about 2 hours. Baste with the juice and water several times while cooking.

Cut the meat away from the bone in one piece, slice and place the slices back on the bone. Skim the pan juice and thicken with the flour stirred to a paste with cold water. Serve with browned potatoes, peas, apple sauce, stewed prunes and gravy. To give added flavor to the gravy cook with the meat 1 stalk celery cut in pieces, 1 small carrot cubed and 1 yellow onion sliced.

368. Marinated Pork Loin

(6 servings)

2¾ lbs. boneless pork loin
***Marinade:* ⅜ cup weak vinegar**
⅜ cup white wine, ⅜ cup water
1-2 red onions, sliced
1 stalk celery, sliced, 1 bay leaf
5 cloves, 10 peppercorns, salt
1 teaspoon crushed juniper berries, ½ carrot, sliced, parsley

Wipe the meat with a damp cloth and lay in a deep bowl. Combine the ingredients for the marinade and pour over the meat. Set in a cool place for a day or two, basting occasionally with the marinade. If the meat is left as long as 2 days rinse it in cold water before wiping dry, then lay in a roasting pan and sear in a hot oven. Roast (350° F.) for about 2 hours. Baste a few times with a little marinade and hot water.

Slice the meat, leaving the slices in place, remove to a platter and pour on a little of the gravy. To prepare the gravy skim the pan juice, if too thin cook down, season and pour into a gravy bowl. Cumberland sauce may be served instead of the gravy. Serve with the meat green peas and Brussels sprouts.

VARIATION: Substitute red wine for the marinade.

369. Braised Pork with Mustard

(6 servings)

2¾ lbs. boneless pork loin
1½ tablespoons each salt and sugar
3-4 teaspoons dry mustard
2 tablespoons butter
***Basting:* weak stock, or water**
1-2 teaspoons potato flour

Wash the meat with a wet cloth, then rub the whole surface with a

mixture of salt, sugar and mustard and place in a deep bowl. Turn the meat each day and baste with the juice which forms in the bowl. After 3 days place the meat in a kettle and sear on all sides in a little butter, baste with stock, cover and braise for about 1½ hours or until meat is tender. Turn and baste a few times while cooking. When done pour off the pan juice, skim well and thicken with flour mixed to a paste with cold water. Remove the meat to a platter, slice and leaving slices in place garnish with lettuce or other greens. Serve with Brussels sprouts and small glazed carrots.

370. Pork Tenderloin Stuffed

(6 servings)

2-3 pork tenderloins
½ tablespoon salt, pepper
***Parsley butter:* 2 tablespoons butter**
3 tablespoons minced parsley
***Searing:* 2 tablespoons butter**
***Basting:* 1⅛ cups stock**
1¾-2 cups rich milk
(2-3 tablespoons minced mushrooms)

Trim the meat, wipe with a cloth wrung out of hot water and cut a slit lengthwise in each tenderloin to form a pocket. Fill the pockets with parsley butter and sew together. Rub the meat with salt and pepper, sear in butter, baste with stock and milk, cover and braise for about 40-50 minutes or until the meat is tender. Baste occasionally and if mushrooms are to be used add them when the meat is about half done.

Remove strings and slice each tenderloin, leaving the slices in place. Beat the pan gravy, season and pour over the meat. Serve with browned potatoes and a green salad.

Tenderloin of veal may be prepared by this same method.

371. Mock Goose-Stuffed Spareribs

(6-8 servings)

4½ lbs. lean spareribs
¼ teaspoon pepper, ¼ teaspoon ginger, 2 tablespoons salt
10 half cooked, pitted prunes
5 apples, cut in thin sections
stock, or water

Cut the spareribs as square as possible. Break the bones, wipe the meat with a damp cloth and rub the surface with mixed seasonings. Spread the fruit over the inside of the meat, roll and tie with string. If necessary sew the ends together. Lay the roll in a shallow roasting pan, add a little water and roast in a moderate oven (350° F.) about 3-3½

hours or until the meat is tender. Baste a few times while roasting.

Carve the meat and place on a platter. Garnish one side with cooked prunes and steamed apples and the other side with cooked cauliflower, small carrots and browned potatoes. Skim and season the pan juice and serve separately.

Mock Geese: Pound and rub with seasonings 12 thin slices of lean pork. Lay a section of apple and half a prune on each slice, then roll and tie with string. Sear rolls in butter, baste with a little stock or water and braise for about 2-2½ hours or until the meat is tender. Baste a few times while cooking. Cut away the string, place on a platter and pour on a little of the gravy. To prepare gravy skim pan juice, dilute if necessary and serve separately.

372. Smoked Hog's Head

(6 servings)

Select a lightly cured and lightly smoked hog's head. Wash and scrub the head well, removing any bristles which may remain. Soak in cold water overnight, wrap in a cloth, being careful not to displace the ears, and boil slowly in a covered kettle for about 2-2½ hours or until meat is tender but not overdone. Allow the head to partially cool in its own liquor, then remove from liquor and chill thoroughly. Garnish with creamed butter forced through a fine pastry tube. Fill each ear with a bunch of curly parsley.

Carve the head at the table in very thin slices. Serve with cooked vegetable purée, a macaroni dish and French mustard or Cumberland sauce (recipe No. 285). The head may also be used as a table decoration for Christmas.

Game and Poultry

373. Poultry and Game

Poultry as specified in the recipes in this book is classified and selected after the same general rules as followed in American cookery. Frozen birds or game should be allowed to thaw out slowly. Birds should not be plucked until shortly before cooking. If the feet are left on they should be dipped in hot water and scrubbed. As a rule game is cleaned and drawn in the same manner as domestic poultry unless otherwise designated in individual recipes. Old birds are improved by soaking in milk diluted with water overnight. Lean birds are made juicier by larding. Thin slices of fat pork sprinkled with salt may be laid over the breast and bound with string or they may be laid under the skin over the breast meat.

Twist wing tips around so wings lie against the body. Lay birds with breast up, shove thighs forward so that breast is pushed upward, then truss with skewers and string to hold the bird in shape, or sew with string. With a long needle sew through one wing, through body and neck skin, then second wing, next through thigh, body and second thigh. Pull the ends together and tie.

374. Meat and Fish Aspic

Cold meats, fish and like foods may be molded in or coated with aspic both in order to add to the attractiveness of the food and to prevent discoloration and dryness. The gelatin or aspic for this purpose is made of a seasoned stock, cleared with egg white, stiffened with gelatin and flavored with cognac or wine vinegar. Soak the gelatin in cold water or stock. Mix egg white and cognac together with a few strokes. Combine the stock to be cleared, the gelatin and the egg white and set over the fire. Stir with a wooden spoon and when the stock has heated through and cooked a couple of minutes, set to one side of the stove, cover and allow to stand for 10 minutes. Wring a flannel or other close

woven cloth out of hot water, spread in a colander and strain the stock into a bowl. If not perfectly clear strain a second time.

If the aspic is to be used for coating meat, fish or similar foods use for each qt. of stock 2½ tablespoons gelatin, 2 egg whites and 2 tablespoons cognac or vinegar. Aspic for garnishing must be stiffer, so in that case increase the gelatin to 3⅓ tablespoons.

Meat, fish or other food to be coated is usually garnished first with designs of flowers, leaves or the like cut from leek leaves, truffles, beets, red cabbage or other appropriate foods. In some instances the garnish may be placed around the edge of the plate or between the meat or fish. In every case the food for garnish should be dipped in the cool aspic before putting in place and then allowed to stiffen before the coating is dripped over the food. The aspic must have started to thicken before it is dripped by spoonsful over the meat or fish. If it becomes too thick it can be warmed a little over hot water, but do not stir, as this may cause cloudiness.

The aspic to be used for dicing or cutting into other shapes should be poured into a shallow pan to stiffen and cut with a sharp knife dipped in hot water.

For meats, fish and other foods to be molded in aspic the proportions will vary somewhat, depending upon the amount of gelatin in the stock used, veal for example, usually being rich in gelatin. Somewhat less gelatin is required for small molds as compared to large ones. When molding in aspic it is simplest in most instances to follow a specific recipe.

375. Spring Chickens in Cream

(6 servings)

3-4 spring chickens, (larding pork)	3 tablespoons butter
1 teaspoon salt, ½ lemon	*Searing:* 3-4 tablespoons butter
4 tablespoons minced parsley	*Basting:* 2 cups cream, stock

Draw the chickens, remove pin feathers, singe and wash. Wipe well and rub with lemon. Break the tips of the breast bone and remove with the fingers. Mix the parsley and butter and spread over the inside of the chickens. If the chickens are lean lard with very thin slices of fat pork as described in recipe No. 373. Sew or skewer the skin into place and sear the chickens on all sides, baste with a little stock and cream,

cover tightly and braise about 40-45 minutes or until meat is tender.

Remove string or skewers and pork if used, cut chickens in two lengthwise and lay halves in a hot casserole or baking dish. Add scraped raw livers to the pan juice, cook a couple of minutes, strain and pour over the meat. Serve with browned potatoes and a green salad.

376. Chicken à la Marengo

(5-6 servings)

1 large young chicken
1½ tablespoons butter
1½ tablespoons oil
½ tablespoon salt, pepper
1 slice yellow onion, minced
3 tablespoons dry white wine
mushroom liquor
meat extract, or dark stock
1-1½ tablespoons tomato purée
⅜ cup cream
1 tablespoon flour
***Garnish:* 1 small can mushrooms**
6-8 small shallots
1 teaspoon minced parsley

Draw the chicken, remove pin feathers, singe, wash and wipe dry. Cut into pieces suitable for serving, season and sear in butter and oil. Add onion, wine, liquid and tomato purée, cover and cook gently (preferably in the oven) about 1½-2 hours or until the meat is tender. Baste several times while cooking with mushroom liquor and cream. When done season the pan gravy, skim and if not sufficiently thick add flour blended with a little cold water.

In the meantime cook the mushrooms in butter without browning. Cook the shallots in slightly salted boiling water until tender, then in butter for a few minutes. If not already cooked in a casserole remove meat to either a casserole or baking dish, add vegetables and sprinkle with parsley. Serve with small browned potatoes.

Small spring chickens or large broilers may be cut into quarters and cooked after these same directions, but proportionately less time should be allowed for cooking.

377. Braised Chickens with Vegetables

(6 servings)

1 large roasting chicken, or 2 young chickens
2 teaspoons salt, ½ lemon
¾ lb. thick slices larding pork
2 carrots, cubed
1 parsnip, cubed, 1 leek, cubed
½ stalk celery, sliced
***Basting:* 3-3¾ cups weak stock**

Prepare the chicken in the same manner as for roasting. If old or dry soak for several hours in cold water. Wipe inside and outside well, rub

with lemon and salt and truss into shape with string. Lay pieces of pork on the bottom and against the sides of a kettle, add prepared vegetables and on top of these lay the chicken. Baste with a little hot stock, cover tightly and cook gently until tender, the time depending upon the age of the chicken, about 2½-3 hours in all. Baste occasionally and watch so that the pork does not stick to the kettle.

When done carve and arrange attractively on a platter and add a border of vegetables and browned potato balls. Strain the pan gravy, skim if necessary and serve separately. For a richer gravy make a mushroom sauce with the pan juice as a basis (recipe No. 287).

378. Chicken Fricassee

(6 servings)

1 large boiling chicken, 2 cloves
2 slices yellow onion, 8 peppercorns
***Sauce:* 1 tablespoon butter**
2-2½ tablespoons flour
chicken stock, 1 egg yolk
3 tablespoons cream, salt

Draw the chicken, remove pin feathers, singe, wash and wipe well. Rub surface with lemon and cut into 6-8 pieces. Reserve the cockscomb, scald it in boiling water, wipe and rub with salt. Immerse meat and comb in salted boiling water, add seasonings, cover and cook gently for 1½-2 hours or longer if chicken is old. Prepare a gravy after directions in recipe No. 294.

Pile steamed rice pyramid fashion in the center of a platter, garnish with the cockscomb and surround with the chicken meat, or use the rice as a border and arrange the meat in the center. Add a little of the gravy and serve the remainder separately.

379. Breaded Chicken

(6-8 servings)

2 well fattened chickens
2 slices yellow onion, or
1 small red onion
***Sauce:* 2 tablespoons butter**
3 tablespoons flour
chicken stock (2 cups), salt
1-2 yolks
3 tablespoons cream
***Breading:* 1 egg, or 1 white**
sifted dry crumbs

Prepare the chickens in the same way as for braising (recipe No. 377), then cook gently in lightly salted water until tender. Add onion while cooking and when done set aside to become thoroughly cold. Carve meat into large, attractive pieces.

Cook a thick sauce (recipe No. 294), using the chicken stock as liquid. Remove from the fire and beat until cooled. Dip pieces of chicken into the sauce to coat them well, then set to stiffen. Brush with egg, roll in crumbs and just before serving brown in a hot oven, or fry in deep fat. If fried in fat drain on absorbent paper, garnish with fried parsley (recipe No. 479) and serve with fricassee sauce, cooked vegetables and steamed rice.

380. Roast Turkey

(12 servings)

1 young turkey (9-11 lbs.)
larding pork, sliced
2 teaspoons salt, ½ lemon
2 tablespoons butter

***Basting:* stock**
3-6 tablespoons thick cream
1½-2 teaspoons arrowroot, or potato flour

Draw the turkey, remove pin feathers, singe, wash well and wipe. Rub the outside with lemon and inside with salt. Place thin slices of pork over the breast and truss into shape. Lay the turkey in a roasting pan and brush with melted butter. Roast in a moderate oven (350° F.) for about 2½-3 hours or until tender, basting occasionally with stock. If the turkey starts to brown too rapidly lay a piece of buttered or wax paper over the top. During the last period of roasting add the cream. When done skim the pan gravy, cook down if necessary and season. If thickening is needed add flour stirred to a paste with a little cold water or stock.

Carve the turkey and leaving slices in place, garnish and serve together with cooked vegetables, small browned potatoes and a salad.

381. Roast Goose with Fruit Stuffing

(12 servings)

1 goose (11-13 lbs.)
½ lemon, ¼ teaspoon pepper
1 tablespoon salt

***Stuffing:* 1½-2 qts. small apples**
½ lb. prunes, partly cooked
***Gravy:* 1 teaspoon arrowroot flour**

Pluck, singe, draw, wash and wipe the goose. Rub the inside and outside with lemon and then with salt and pepper. Combine apple cubes and pitted prunes and stuff the goose, sew and truss into shape, tie a buttered paper over the breast and lay with breast up in a roasting pan. Roast in a moderate oven (350° F.) for about 2½-3 hours or until

tender. When meat has browned baste every few minutes and shortly before meat is done remove the paper and baste with cold water to give a glaze to the surface.

Skim off any extra fat from the pan juice and thicken the juice with flour first blended to a paste with a little cold water. Carve the goose, leaving slices in place remove to a platter, garnish with lettuce leaves, stewed prunes and cinnamon apples. Serve separately chestnut purée and baked potatoes.

Goose with Bread Stuffing: Instead of the fruit stuffing a bread stuffing may be used. Soak 3 large slices of bread in about ½ cup stock and add 1 medium sized yellow onion minced, 2 shallots minced, 1 tablespoon minced parsley, 1 slightly beaten egg, salt, pepper and four spices, and if liked a bit of garlic. Spread the stuffing over the inside of the goose, sew and truss into shape and roast as directed in the preceding recipe.

382. Cold Cured Goose with Liver and Truffles

(10 servings)

1 young goose, cured
***Aspic:* 2 cups stock**
1⅓ tablespoons gelatin
1 egg white, 1 teaspoon cognac
liver paste
1 small can goose liver paste
1 tablespoon butter
1 small can truffles

Cure and cook a young goose as directed in recipe No. 383. Allow it to cool in its own liquor. Scrape off all fat, using a cloth wrung out of hot water if necessary to remove all traces. Cut away the string and very carefully cut out the whole breast pieces. Free these from skin, carve in uniform slices at a slant and lay back on the goose in the original position.

Prepare the goose liver paste after proportions and directions in recipe No. 427 and combine with canned paste and butter. Spread a part of the paste over the breast in a thin even layer and garnish this with fancy cut pieces of truffle.

Prepare the aspic coating after directions in recipe No. 374. Pour part of the aspic in the bottom of a platter and allow the remainder to stand until it starts to thicken, then drip over the goose. Lay the goose on the stiffened aspic in the platter and surround with balls made of remaining liver paste and rolled in minced truffles. Garnish with chicory or other greens and serve together with Carleton salad (recipe No. 86).

383. Lightly Cured Goose

(10-12 servings)

1 goose (11-13 lbs.), ¾ cup salt
½ teaspoon saltpeter, ⅜ cup sugar

Brine: 1 gal. water, 1 cup salt
¾ cup sugar (scant)

Pluck and clean the goose as for cooking, rub inside and outside with salt, sugar and saltpeter mixed together and set in a cold place for 24 hours, then immerse in the brine for 2-3 days. Remove from the brine, wipe dry, truss and immerse with breast up in boiling water. Simmer gently for 1¼ hours or longer, depending upon the age of the bird. The meat should be tender but not overdone. Carve the goose in the usual manner, leaving the slices in place garnish with curled parsley and serve with a horseradish sauce (recipe No. 306).

If the goose is to be left in the brine as long as 5-6 days the brine should be weaker and when removed from the brine the goose washed thoroughly in cold water before cooking. Geese too old or too fat for roasting are good when prepared after these directions. Ducks may also be treated in this way, the brine in that case being enough for 2 ducks. Ducks need to lie only a few hours before placing in the brine.

384. Roast Duck

(8-10 servings)

Pluck, draw, singe, wash and wipe two ducks. Reserve giblets for other uses. Rub the ducks with lemon, then with mixed salt and pepper both inside and outside. Break the tip of the breastbone and remove. Lay a piece of buttered paper over the breastbone, then sew and truss birds into shape. Lay the ducks with breast up in a roasting pan and set in a hot oven (500° F.). When ducks have browned sufficiently lay a buttered paper over them, reduce heat (350° F.) and roast about 45-60 minutes or until ducks are tender. The juiciness is improved if the birds are basted a few times while browning, preferably with stock.

Carve the ducks and leaving the slices in place remove to a hot platter. Surround with a border of large tomato slices with a rosette of chestnut purée on each. Complete the garnish with lettuce leaves. Skim the pan juice, cook down if necessary, season and serve separately. Serve together with small peas and an orange salad.

385. Roast Pheasant

(7-8 servings)

The game flavor of pheasants is improved by hanging the birds sev-

eral days before cooking. Pluck or skin, draw and clean the birds, then rub with lemon, salt and pepper. Roast in the same manner as chicken. If very lean lard the birds first as described in recipe No. 373. Young birds will require 35-40 minutes for roasting, older birds a longer time. Baste occasionally while roasting with stock and when sufficiently browned cover with a buttered or wax paper. If to be served cold leave the birds in the pan, but if to be served hot carve in the same manner as chicken, garnish and serve.

Pheasants may be stuffed with a filling of finely chopped mushrooms mixed with a little finely chopped fat pork.

386. Roast Hazel Hen

(10 servings)

6 hazel hens, 1 teaspoon salt
6 large slices larding pork

Searing: **3 tablespoons butter**
1¾ cups thick cream, stock

Pluck the hens, leave the feet on but clip the claws, draw (reserving the giblets) and wash. Wipe inside and outside well and rub with lemon. Pound the slices of pork with a meat hammer and rub one side with salt. Lay the slices with salt side down under the skin over the breasts as directed in recipe No. 373 and bind with string to hold the pork in place. Sew and truss the birds, sear well on all sides in butter, baste with a little cream, cover tightly and braise gently for 25-30 minutes or until meat is tender but not overdone. Baste several times with cream and turn the birds so they brown evenly. The meat should have a pink tinge when done. Remove birds from the kettle and skim the juice. Brown 2 tablespoons flour and 2 tablespoons butter, gradually add the meat juice and when smooth stir in the scraped raw liver, the amount depending upon the taste, cook a few minutes and strain.

Remove the string and skewers, also the larding pork and cut hens in two lengthwise. Place together again as if whole and arrange in a row on a platter. Garnish with shreds of lettuce. Serve separately the gravy, small browned potatoes and a tomato salad.

387. Jellied Hazel Hen

(12 servings)

7 hazel hens
7 slices larding pork

Basting: **2 cups thin cream, stock**
Aspic: **1 qt. aspic**

1½ teaspoons salt
***Searing:* 4 tablespoons butter**
***Garnish aspic:* 2 cups aspic**
***Garnish:* truffle, tomato, lettuce**

Prepare and cook the hazel hens as directed in recipe for roast hazel hens and chill thoroughly. Prepare aspic for coating as directed in recipe No. 374. Carefully cut out the breast meat in one piece, free from all skin and fat and lay all the pieces without touching on a large shallow plate. Garnish each piece of breast meat with bits of truffle cut in desired designs and dipped in aspic. When this garnish has set drip the aspic over the meat and set in a cold place to stiffen. At the same time prepare aspic for dicing as directed in recipe No. 374 and set to stiffen.

When to be served set a small mound cut from bread in the center of a round platter and cover attractively with lettuce leaves. Dip a sharp knife in hot water and cut around the jellied pieces of meat. Lay the meat in a circle with the smallest ends toward the center. Dice the aspic for garnish and pile between the meat pieces. Cut the tomato and arrange to represent a flower on the center of the bread mound and surround with small lettuce leaves.

For a more elaborate garnish knead goose liver paste with a fork, chill and shape into balls with butter paddles, roll in finely chopped truffles and arrange around and between the pieces of meat. The balls may be piled pyramid fashion in the center of the platter instead of the bread mound.

Instead of coating the individual pieces of breast meat they may be carved, replaced on the breastbones and then the whole hens coated with aspic. Before coating designs of the truffle cut into small pieces may be added as a garnish over the breast meat. When set remove to a platter and garnish with lettuce leaves.

388. Fried Wood Cocks

(6 servings)

4 wood cocks
4 slices larding pork
3 tablespoons butter
2 tablespoons cognac, salt

Wood cocks are best if hung by the neck for 3 or 4 days before cooking. When the feathers loosen easily and the skin starts to darken the birds are sufficiently aged. Pluck and singe. Cut a slit in the neck skin and remove the crop. Cut a small incision near one leg and with a long needle or skewer pick out the stomach. Do not wash but wipe as

well as possible with a damp cloth. Twist or break the neck so that the head can be stuck through the opening in the skin or under the wing, or can be drawn through the body with the bill and part of the head protruding. Bind larding pork over the breast and sear birds on all sides in butter, then fry more slowly for 15-25 minutes or until birds are tender and season to taste.

The giblets may be picked out, chopped and mixed with two to three times as much goose liver, spread over small three-cornered pieces of white bread, toasted in oven or broiler and used as a garnish.

Remove the larding pork, cut the birds in two lengthwise and place halves on slices of toast. The heads and necks which should be cut off before halving may be stuck with wooden skewers and set in a slice of toast as a garnish for the center of the serving platter. Complete the garnish with the toasted canapés and watercress.

For the gravy add cognac to the pan juice, beat well and pour over the meat. Serve together with a tomato salad.

389. Snipe

Snipe which belongs to the same family as wood cock may be prepared and cooked by the same methods as described in recipe No. 388.

390. Fried Partridge

(12 servings)

7 partridges
larding pork, (grape leaves)
1 tablespoon salt
3 tablespoons butter
white bread, cooking fat
***Basting:* (2 cups thin cream), stock**
***Garnish:* small liver pastes, or stuffed tomatoes**

Pluck, draw, singe and wipe the birds well. Sew skin together and if fresh grape leaves are available lay a leaf over the breastbone of each bird and over this a thin slice of larding pork. Bind and truss into shape, brown on all sides in butter, salt and continue to fry for about 25-35 minutes or until tender. To keep from browning too much baste with a little stock. Old birds must be cooked longer (1-1½ hours) and should be basted with stock and cream.

Cut bread into triangular pieces, with a thimble make a hole in the center of each and fry in deep fat. Remove string and larding pork from the birds, cut each in two lengthwise and arrange clockwise in the center of a platter. Add the fried bread as a border. Stir the pan

juice well and pour over the meat. If cream has been used for basting and the birds have cooked a longer time the gravy from the pan juice may be served separately (recipe No. 279).

The center of the platter may be filled with small molds of liver paste (recipe No. 426) or with tomatoes stuffed with creamed mushrooms (recipe No. 124). The latter are appropriate if no gravy is served with the meat.

391. Quail

Quail should not be aged or hung. Pluck, singe, draw and wipe the birds with a damp cloth. Rub the inside with a little salt and cognac and place back the cleaned liver. Cover the breast with large buttered grape leaf (if available), over this place a thin slice of larding pork, then bind and truss into shape. Broil or roast on a spit or broiler about 10-12 minutes. Lay each bird on a piece of bread first fried in butter and garnish with lemon. Pan juice, if any, may be served separately.

Quail may also be fried in butter 25-30 minutes. When done remove the string, leaves and larding pork. Cut the birds in two lengthwise, place in a shallow casserole, add pan juice and serve. A few drops of cognac may be added to the meat juice just before taking from the fire. Serve small green peas separately.

392. Braised Black Grouse

(8 servings)

2 grouse hens, 1 teaspoon salt
2 slices larding pork
2 tablespoons butter
***Basting:* 1⅛ cups cream, stock**

***Gravy:* meat juice, salt**
3 tablespoons flour
⅜ cup cream, scraped liver
1 teaspoon black currant jelly

Pluck, singe, draw, wash and wipe the hens well. Salt the larding pork and lay between the skin and breast meat. Sew the skin together, truss into shape and sear well on all sides in butter. Baste with a little weak stock and cream, then braise slowly until tender, the length of time depending upon the age of the birds, about 1½ hours for young ones and longer for old ones. Baste occasionally while cooking with stock and cream.

Cook a gravy from the pan juice (recipe No. 279), add jelly and season to taste. Carve the birds, arrange on a platter and garnish with

lettuce or other greens. Serve together with small browned potatoes and a tomato salad.

393. Braised Wood Grouse

(8 servings)

1 young grouse cock
2 slices larding pork, lemon
2 tablespoons butter, salt
Basting: 1⅛ cups cream, stock

Gravy: meat juice, salt
4 tablespoons flour
⅜ cup thick cream, scraped liver
(black currant jelly)

Pluck, singe, draw and wipe the grouse well. It may be soaked in milk diluted with water overnight if so desired. If the bird is not soaked rub inside and outside with lemon. Rub one side of the larding pork with salt and place with salt side down on the breast. Sew and truss bird in four or five places with string. Sear on all sides in butter, baste with a little stock or cream, cover tightly and braise gently about 2-3 hours or until tender. Turn several times while cooking and baste about every ten minutes. Prepare a gravy after directions in recipe No. 279. Carve and serve in the same way as duck.

394. Jellied Wood Grouse

(8-10 servings)

1 young grouse cock
Farce: ⅜ cup pan juice
2 tablespoons flour
⅜ cup cream, ½ liver
¾ teaspoon gelatin
grouse meat, salt, paprika

Sauce: pan juice, stock from bones
⅜ cup cream, ½ liver
¾ teaspoon gelatin, salt
Garnish: 2 oz. green grapes
truffles
2 cups aspic, diced

Prepare and cook the grouse as directed in recipe for braised wood grouse and set in a cold place until the following day. Remove larding pork and skin, cut breast and other meat from the bone, then break up what remains and brown in butter. When seared cover with weak stock or water and simmer in a covered pan for a couple of hours. Strain this stock and use as basis for making the sauce.

Cook a panada of the stock, flour, cream and scraped liver, add gelatin first soaked in a little cold water and set to cool. Pound the panada together with small pieces of meat in a mortar until smooth, then force through a sieve.

Make a thick sauce, using the remaining pan juice and stock from

Jellied Tongue and Game.

the bones, gradually add the cream, then gelatin first soaked in a little cold water. Stir sauce while cooling.

Prepare an aspic coating after directions in recipe No. 374. On one side of a shallow platter pour a few tablespoons of the partially thickened aspic. In the aspic arrange flower designs cut from leek stems and red cabbage leaves. Coat these with a few spoons of the aspic.

Cut the large pieces of breast meat into slices at a slant, spread surface with the farce, then with cold sauce, smooth with a knife, garnish with halves of grapes and bits of truffle dipped in aspic. When the garnish has set drip aspic over the meat and set to stiffen.

The remainder of the meat farce may be used for a small mold. Pour a little of the aspic into a mold, shake well to coat bottom and sides and chill. Garnish the bottom with fancy cut bits of truffle, then fill with farce and chill thoroughly before unmolding.

When all the food has had time to stiffen arrange pieces of meat and molds of farce on a platter, together with the garnishes, and serve very cold. A sauce and a green salad may be served separately.

395. Braised Ptarmigan

(6 servings)

3 young fat ptarmigans
1 teaspoon salt
3 slices larding pork, butter
rich milk, light stock
***Gravy:* meat juice, salt**
2-3 tablespoons flour, cream

Pluck, singe, draw and clean the birds. Be sure to remove the lungs lying close to the backbone. Place slices of pork between the skin and breast meat and truss the birds into shape. Sear on all sides and braise slowly for 2-3 hours or longer for old birds. Baste occasionally with rich milk or cream and stock. If the pan juice is not thick enough to serve as gravy thicken with flour and season to taste. Serve with browned potatoes and a green salad. Garnish with slices of broiled bacon.

To utilize leftovers break up what remains of the birds, sear in a little butter, baste with milk and cook for a couple of hours. Strain the pan juice and use this to cook a dark sauce. Add the pieces to the sauce, reheat and serve with hot cooked macaroni or steamed rice. The sauce may be made thick enough for a croquette foundation (recipe No. 72) and the meat chopped before adding, then chilled, shaped and rolled in egg and crumbs before frying.

396. Roast Wild Duck with Fruit Stuffing

(6-8 servings)

2 wild ducks, ¼ teaspoon pepper
½ tablespoon salt
***Stuffing:* 3-4 apples, cut in sections**
4 oz. prunes, partially cooked
***Basting:* stock, or water**
***Gravy:* meat extract, lemon**

Pluck, singe, draw, wash and wipe the ducks well. Trim and clean the liver, then rub inside and outside of ducks with the liver and with salt and pepper. Stuff the birds with prunes and apples, sew and truss into shape. If the ducks are to have no stuffing they should be immersed in cold water and brought to a boil for a few minutes before roasting. Sear and roast in the oven or braise on top of the stove. Baste occasionally with a little stock. To keep the birds from browning too much place a buttered or parchment paper over the top during the last period of roasting. The total time for cooking will depend upon the age of the ducks, old ones taking as much as 2-2½ hours while very young ones may take less than an hour. Flavor of duck is best if not overdone.

Strain the pan juice, add meat extract to give desired color and flavor, also a few drops of lemon juice, but do not thicken. Carve the ducks, place on a platter and serve very hot with the pan gravy, small browned potatoes and a green salad.

397. Braised Squabs

(6 servings)

3 squabs, 3 slices larding pork
½ tablespoon salt, pepper
2-3 tablespoons butter
2 cups rich milk, or cream

Do not hang or age squabs. They are best when about 3 months old. Pluck, singe, draw, wash and wipe the birds well. Rub one side of the larding pork with salt and pepper and place with seasoned side down under the skin over the breast meat. Sew and truss the birds into shape, sear in butter, baste with a little rich milk, cover tightly and braise about 1-1½ hours or until tender. Turn and baste the birds occasionally while cooking. Allow a longer time for older pigeons.

Remove squabs as they become done and when all are ready return to the kettle and reheat, then remove larding pork and cut in two lengthwise. Trim off as much bone as possible and place in an overlapping row on a hot platter. Skim the pan juice and prepare a gravy in the same way as for chicken. If the pigeons have been basted with cream no thickening will be needed. Garnish with lettuce or other greens and serve together with small cooked carrots, green beans and peas.

398. Braised Hare

(6-8 servings)

1 young hare, 5 oz. larding pork
very weak beer
½ tablespoon salt, 2 cups cream
4 tablespoons butter

The ear of a young hare should easily tear from tip to base. Hang the hare for 6-10 days. Skin, remove any visible tendons or membranes, draw and cut off the head. Soak the hare in very weak beer (diluted with water) or in milk over night. Cut larding pork into fine small lardoons, roll in salt and insert close together over the surface of the hare. Rub remainder of salt into the meat, break backbone in 4 or 5 places and sear the hare in butter in a covered kettle. Baste with cream a little at a time and continue to braise for 1-1½ hours or longer if hare

is old. Rich milk and water may be used for basting but the gravy will then have to be thickened with flour. The flavor of the gravy is improved by adding a little currant jelly.

Hare may be roasted but must then be basted frequently to keep it from getting too dry. Serve with small browned potatoes, a salad and a wild fruit jelly such as rowanberry.

HARE À LA MARENGO: Follow the same directions as given for Chicken à la Marengo.

399. Rabbit in Tomato Sauce

(6 servings)

1 young rabbit
2 tablespoons butter
2 tablespoons oil, 2 teaspoons salt, ½ teaspoon pepper
1 Portuguese onion, or 6 shallots
¾ cup white wine, stock
***Gravy:* pan juice, salt, stock**
3 tablespoons flour
3-4 tomatoes or 2-3 tablespoons tomato purée, minced parsley

Meat from young rabbit is tender while that from old rabbit is hard and dry so must be cooked accordingly. Since rabbit meat has a rather sweetish taste it is improved by cooking with plenty of seasonings. Rabbits are best if hung 2-6 days.

Skin the rabbit, draw, wash thoroughly and wipe dry. Cut into pieces suitable for serving and rub the surface with salt and pepper. Sear on all sides in butter and oil, add onion, baste with wine and stock, cover and braise until tender. Remove the meat from the pan and strain the pan juice. Brown the flour and a little of the juice, then add gradually the remainder of the juice and enough stock to give a fairly thin and smooth gravy. In meantime cook the tomatoes, unless purée is used, to a mush and force through a sieve, then add to the gravy. Season, adding a bit of sugar if desired, return meat to the pan and reheat for a couple of minutes. Pour into a deep serving dish and sprinkle with parsley. Serve with boiled potatoes or steamed rice.

The rabbit may, if preferred, be served in a curry sauce. Any left-over meat may be utilized in a ragout with onions.

400. Reindeer Roast

(12 servings)

5½-6½ lbs. reindeer roast
Basting: 1⅛ cups cream, stock

2½ qts. milk
larding pork, cut in lardoons
3-4 tablespoons butter, salt

***Gravy:* pan juice, salt**
4 tablespoons flour
¾ cup cream, (stock)

If the meat is frozen thaw it out in milk, then trim if necessary and wipe dry. Roll lardoons in salt and pepper and insert in close even rows over the surface of the meat. Rub the remainder of the salt into the meat, then sear on all sides, baste with cream and stock, cover and braise slowly for 3-3½ hours. Baste about every 10 minutes with more cream and stock and the pan juice. Carve the roast and serve with a pan gravy, small browned potatoes, cucumbers, stewed tomatoes or a wild berry jelly such as rowanberry.

The meat may be braised without thawing first but in that case do not lard it. Instead of milk the meat may be soaked in a marinade recipe No. 402).

401. Roast Reindeer Saddle

(10-12 servings)

6½ lbs. reindeer saddle
2 slices larding pork
1½ tablespoons salt
1 cup clarified fat
***Gravy:* 2-3 tablespoons butter**

5 tablespoons flour
meat juice, stock
2 tablespoons wine vinegar
2 tablespoons black currant jelly
4-5 tablespoons Madeira, or Sherry

Select a saddle from either fresh or frozen reindeer. The fresh meat is best but if frozen thaw out in milk diluted with water. Wipe well, remove tendons and insert lardoons first rolled in salt in even rows over the surface. Lay the saddle in a roasting pan, pour over it the hot fat and roast about 1 hour if young meat and longer if meat is from an old animal. Baste frequently with the pan fat. When done turn the saddle upside down and trim out the two fillets. Turn the saddle right side up again and trim out the two loin muscles along the backbone. Carve these into thin slices and place back on the bone. The small fillets may be sliced also and the slices laid over the bone under the other meat. Place on a hot platter and garnish with greens.

Since reindeer meat does not usually leave much pan juice the gravy may be made by adding some rich meat extract. If thickened gravy is preferred brown a little of the pan juice with flour, add remainder of pan juice and stir until smooth. Excess fat should be skimmed from the pan

juice before using it in the gravy. If more liquid is needed add stock to give a rather thin consistency then add vinegar, wine and jelly and seasonings to taste. Serve the saddle very hot together with black currant jelly, a green salad and browned potatoes.

402. Marinated Reindeer Saddle

(10-12 servings)

6½ lbs. reindeer saddle
2 slices larding pork
Marinade: 1⅛ cups water
1⅛ cups white wine
⅜ cup wine vinegar
2 tablespoons oil
1 bay leaf, 10 peppercorns
1 slice yellow onion
1 small piece ginger root
2 tablespoons crushed juniper berries, 1 tablespoon salt
Frying: 1 cup clarified fat

Prepare and lard the saddle as directed in recipe No. 401. Combine ingredients for the marinade and pour over the meat laid in a deep dish. Allow to stand in a cool place for 3-5 days while basting several times each day with the marinade. Wipe the meat well, bind into shape with string and roast in same way as directed for roast saddle. Serve with chestnut purée, apple sauce, currant jelly, browned potatoes and sauce Venaison (recipe No. 286).

403. Moose Roast

(10-12 servings)

5½-6½ lbs. leg of moose
larding pork, cut in lardoons
1 tablespoon salt, pepper
Marinade: 1⅛-1¾ cups white or red wine, ¾ cup wine vinegar
2 cups water
10-12 cloves, 1 bay leaf
1 red onion, sliced
Searing: 3 tablespoons butter
2 tablespoons sugar, stock
1¾ cups cream
Gravy: meat juice, stock, salt
4 tablespoons flour
1 teaspoon black currant jelly

The moose meat should be well aged. Pound with a meat hammer and insert lardoons first rolled in salt and pepper. Combine the ingredients for the marinade, heat through then chill thoroughly. Place the meat in a deep dish or crock, add marinade and allow to stand in a cool place for 3-4 days. Turn the meat several times to keep it immersed in the marinade. Remove from the marinade, wipe well and sear in butter. Baste with a little of the marinade or stock and cream. When half done sprinkle with sugar. Baste frequently with the pan juice and

continue to braise about 4 hours or until the meat is tender. Meat from an old animal may take longer.

Prepare the gravy in the usual manner. Carve the meat into thin slices and serve with browned potatoes, peas, pickled onions and a salad.

In place of wine, a weak beer or acid fruit juice may be used as an ingredient for the marinade. Milk may also be substituted but in that case soak the meat in it for 14 days. Change the milk once during this time at the same time washing out the bowl or crock.

Moose Pot Roast: Prepare and cook in the same way as beef pot roast (recipe No. 325).

404. Braised Venison

(12 servings)

6½ lbs. venison roast (leg)
1 tablespoon salt, pepper
fat pork or bacon, cut in lardoons
3 tablespoons butter, stock
1⅛ cups sweet or sour cream
***Gravy:* 1 tablespoon arrowroot flour, ⅜ cup cream**
1 teaspoon black currant jelly

Select preferably meat from a young animal which has been hung from 8-14 days. Remove outer membranes from meat and insert lardoons first rolled in salt and pepper over the surface. Sear on all sides in butter, baste with stock and cream, a little at a time, and braise in an uncovered kettle for about 2½ hours. When done remove from the kettle. Skim and strain the pan juice, add flour mixed to a paste with cold water, then cream and stir until smooth and thickened. Add jelly and season to taste. Carve the meat and serve with black currant or rowanberry jelly, tomatoes or cucumbers in vinegar and browned potatoes.

If preferred the meat may be roasted in the oven but shorter time is then needed. Baste every 10 minutes until done.

Venison may be marinated or soaked in cold milk as described in recipe No. 403. By this method the meat becomes lighter in color and more tender, but loses some of its game flavor and juiciness.

Prepared Meat Dishes

405. Jellied Hazel Hen and Tongue

(12 servings)

4 cold cooked hazel hens
1 small cooked salted ox-tongue
***Aspic coating:* 3 cups aspic**
***Garnish:* truffle, 2 cups aspic**

Cook the tongue after directions in recipe No. 333 and the hazel hens after directions in recipe No. 386 and chill over night. To keep the hens from drying out they may be wrapped in wax paper after cooling off. Remove string, skin and larding pork from birds, trim out the breast meat and wipe with cheese cloth. Carve each breast piece into two slices and place together again. Carve the tongue into uniform slices and lay in an overlapping semi-circle on a large round platter. Arrange the breast pieces on the same platter and garnish each with small fancy cut pieces of truffle first dipped in aspic.

Prepare the aspic for coating and for garnish as directed in recipe No. 374. When the coating aspic starts to thicken drip over the tongue and meat and set in a cold place until stiffened. In the meantime pour aspic for garnish in a shallow pan and when ready to use dice with a hot knife.

With the jellied meat serve a delicate fruit or vegetable salad combined with a thick sharp sauce (recipe No. 303).

Cold Ham and Grouse: Cold cooked ham and wood grouse may be served in the same manner as tongue and hazel hen. Rolled ham gives the most attractive slices for this purpose. Cook the grouse the day before using and when chilled wrap in wax paper. Remove breast meat, cut into slices at a slant and lay together again. Instead of truffles halves of green grapes may be used as a garnish for the meat. For contrast cut very small tomatoes into sections to represent flowers and set here and there on the serving platter.

406. Farces and Forcemeats

Fresh meat is best for delicate forcemeats. It is advisable to purchase meat whole and grind it at home so that tendons and connective tissue may be separated out from the ground meat. Run it through a grinder 3-8 times, the number of times depending upon how the meat is to be used. Very fine forcemeat, chicken and like meats should also be pounded in a mortar and forced through a sieve.

To make forcemeat for timbales and like dishes combine farce either with white bread soaked in milk, cooked potatoes or both, or with a cooked panada. Add liquid (cream, milk, stock or water), a little at a time, kneading or working it well into the meat mixture to keep it from separating. Sometimes egg is also added.

Simpler dishes using meat farce may be baked but the more delicate ones should be cooked in a water bath, preferably in the oven. For the best texture careful attention must be given to proper temperature and just the right length of cooking.

407. Flour Panada

1 cup flour (not sifted) ‖ **1 cup water**

Mix flour and part of the water, beat until smooth, add remainder of water, set over a fire and stir continuously until mixture leaves the sides of the pan. Pour onto a platter, brush with melted butter, cover with a wax or buttered paper and set to chill thoroughly before using.

408. Chicken Timbales

(8-10 servings)

10½ oz. scraped meat (1⅓ cups) and chicken liver
¾ cup panada (5½ oz.)
⅔ cup butter, 4 egg yolks
⅜ cup cream, salt, pepper
1¼ cups thick cream (scant)
2 egg whites, stiffly beaten
butter for mold

Pluck the chicken and draw off the skin. Cut all the meat from the bones, remove entrails, wash bones well and break into smaller pieces. Clean and chop the gizzard and sear together with bones in butter, baste with cream and stock, add salt, cover and simmer at least 2 hours. Skim this stock and use as liquid for the sauce.

Scrape the raw meat following the direction of the muscle and free from tendons and connective tissue. (The latter may be added to the stock kettle with the bones.) Measure the meat and pound in a mortar together with the liver, the panada and the butter. When well blended add gradually the yolks and cream, then force through a sieve and add seasonings. Add the thick cream, a little at a time, and then fold in beaten whites. Ingredients blend best if kept at room temperature. If the mixture starts to separate set over hot water and beat vigorously until smooth.

Pour the forcemeat into a long buttered mold, cover with buttered or wax paper, set in a water bath and cook in oven 50-60 minutes at 325° F. Allow a little longer time for a round mold. If cooked in timbale forms allow 12-15 minutes. When done unmold and serve at once with a rich well seasoned stock from the bones and giblets or with a mushroom

sauce (recipe No. 287). Truffles may be added to the stock. A large mushroom cooked in butter may be placed on the top of each timbale.

Ox-Tongue with Chicken Timbales: Cook a tongue according to directions in recipe No. 333 and allow to cool in its own liquor. Prepare chicken timbales after directions in preceding recipe. Carve tongue into thin slices, fold each slice and arrange attractively along one side of a round platter. Unmold timbales on the same platter and garnish if desired. Serve with a rich chicken stock flavored with finely chopped truffles or mushrooms, a choice of cooked vegetables and a tomato or green salad.

409. Game Forcemeat

(10-12 servings)

1 large wood grouse (about 18 oz. scraped meat)
1 cup panada (8 oz.)
1 cup butter (scant)
6 egg yolks, ⅞ cup thin cream
2½ egg whites, salt, pepper
⅞ cup thick cream, (truffles)
2 tablespoons butter

Combine, cook and serve in same manner as described for chicken forcemeat in recipe No. 408.

410. Hare Forcement Pie

(10-12 servings)

1 young hare
⅝ cup butter
1 qt. cream, 2 egg yolks
½ tablespoon salt, ⅓ teaspoon pepper, 4 spices (see glossary)
1 very small clove garlic
1 small can truffles, diced
3-4 tablespoons Madeira
2 egg whites, beaten stiff
pastry dough from 1½ cups flour

Skin and draw hare, cut away the head, feet and thin pieces on the sides, also coarsest tendons, wipe well and cut hare into pieces. Scrape meat from the bones and connective tissue and run through a meat grinder 6-7 times, the last 2 times together with the butter. Knead mixture, add cream, a tablespoon at a time, while beating vigorously. Force through a sieve, add yolks one at a time, beating again. Stir in most of the truffles and truffle liquor, seasonings and lastly the beaten whites.

Butter a torte mold (with loose ring), line with pastry dough and proceed in same manner as described for fish pie in recipe No. 243. If preferred the pie may be baked in a loaf shape.

Serve the pie cold together with sauce Venaison (recipe No. 286) or

with a rich gravy made from the bones of the hare. To make the stock break the bones, sear in butter, cover with water or weak stock and simmer 3-4 hours. Skim off the fat, strain, add remainder of diced truffles, season and serve. If preferred it may be thickened with 1-2 teaspoons arrowroot or potato flour first mixed with a little cold water.

411. Spiral Mold

(15-18 servings)

Prepare a chicken forcemeat after directions in recipe No. 408 and a wild game forcemeat after proportions in recipe No. 409. Butter well two tall round molds and fill with the two forcemeat mixtures, pouring these in alternate layers to give a spiral effect. Cover the tops of the molds with buttered or wax paper, set in a water bath and cook in the oven until firm or about 1¼ hours at 325° F.

Unmold, surround with a border of potato balls or some attractive design made with Duchess potatoes (recipe No. 440). If the forcemeat is baked in timbale molds garnish the platter with browned mushrooms. For a hot course serve dark mushroom sauce and for a cold course serve a fruit or light vegetable salad.

412. Ham Pie

(10-12 servings)

10 oz. ham
10 oz. veal meat
7 oz. larding pork
½ cup sifted crumbs
4 eggs, separated
2⅜ cups thin cream
pastry dough, pepper, salt
butter for mold

Soak crumbs in cream. Wipe the meat, trim if necessary, cut into small pieces and run through a meat grinder 5-6 times. Pound in a mortar with wooden masher, adding crumbs, cream and yolks one at a time. When well blended force through a sieve and beat vigorously. Season with salt and pepper to taste and fold in beaten whites.

Line an oblong tin with pie dough (recipe No. 75), fill with ham mixture, turn in edges of dough, brush with egg and on top lay another piece of dough. Pinch edges together and with small pieces of left-over dough cut out leaf or other designs and arrange on the top crust, brush with egg and bake in a fairly hot oven (425-450° F.) for about 50 minutes. If the crust browns too quickly lay a buttered or wax

paper over the top. Unmold and serve with dark mushroom sauce (recipe No. 287).

For individual pies allow about 20 minutes. For small pies add a little more cream in making the ham farce.

The ham farce may be baked in a large mold or in timbale molds without the crust. In that case add a few chopped truffles or mushrooms and use the liquor as part of the liquid ingredient.

413. Mock Ham

(6 servings)

½ lb. ham, 1 lb. lean pork
5 medium potatoes, salt, pepper
1¾ cups cream, carmin
mustard, sifted crumbs, egg

Cut the meat into small pieces and run through a grinder 5-6 times, the last time together with the potatoes. Stir vigorously while adding the cream, a little at a time, season and tint with a little red coloring. Shape the mixture to resemble a small ham, spread with a little prepared mustard, brush with egg and sprinkle with crumbs. Bake in a hot oven (450° F.) about 1¼-1½ hours. Baste several times with water or stock. When done insert wooden skewer in small end of the ham, cover with a paper frill and place on a hot platter. Serve together with pan gravy, carrots, green beans and a salad.

414. Meat Balls—*Köttbullar*

(6 servings)

10 oz. boneless tender beef
10 oz. boneless lean pork
⅝ cup bread crumbs
2¼-2¾ cups milk, 1 egg
1 medium yellow onion, minced
2 tablespoons cooking fat
salt, pepper, allspice
***Frying:* 3 tablespoons butter, fat**
***Gravy:* meat juice, stock**
1½ tablespoons flour

Soak the crumbs in half the milk. Wipe, trim and cut the meat into small pieces, run through a grinder 4 times, combine with crumbs and knead well. Add egg, seasonings and gradually the rest of the milk. Cook onion in fat without browning, chill and add the meat mixture. Shape meat into balls with 2 tablespoons dipped in cold water. Fry in fat, shaking the pan and turning the balls to brown uniformly. Remove balls and fry remainder in the same way. Rinse the pan each time and reserve the juice for the gravy. Mix flour with cold water and stir into the juice, cook while adding cream and stock enough to give gravy the

desired thickness. Season to taste, return balls to the gravy to reheat and turn into a serving dish. Serve with green vegetables and potatoes.

415. Meat Farce Loaf

(6 servings)

1¾ cups chopped beef (14 oz.)
1⅛ cups chopped lean pork (9 oz.)
¾ cup bread crumbs, salt, pepper
2-2¼ cups milk, (egg)
1 large yellow onion, minced, or
1 medium red onion, minced
2 tablespoons butter
***Frying:* 2 tablespoons butter**
***Basting:* weak stock, or water**
***Gravy:* 2 tablespoons flour, salt**

Wipe the meat, trim off any tendons or connective tissue, cut into small pieces and run through a grinder 4 times. Soak the crumbs in half of the milk and combine with the meat mixture, then knead thoroughly while adding the remainder of the milk.

Cook onion in butter without browning. Add the onion, egg if used and seasonings to the meat and mix well. Form into a long roll and roast in a fairly hot oven (400° F.). When the meat starts to brown, baste every few minutes with water or stock. Reduce heat a little if necessary and continue to roast 50-60 minutes. Cut loaf into thick slices and serve with pan gravy, vegetables, potatoes and a salad.

416. Meat and Vegetable Pudding

(6 servings)

7 oz. lean boneless beef
7 oz. lean pork
⅜ cup rusk crumbs
2⅛ cups milk, salt, pepper
⅜ cup rice, steamed
10-12 Jerusalem artichokes, diced
½ celery stalk, sliced
2-3 leeks, diced
1 parsnip, diced
2-3 tablespoons butter

Wipe the meat, cut into small pieces and run through a grinder 4 times. Moisten the crumbs in part of the milk and add to the meat, beat vigorously and add gradually the rest of the milk until mixture has the consistency of thick mush. Season well.

Drain hot steamed rice and add to the meat. Cut up the cooked vegetables. Butter an oblong baking dish, in the bottom spread a layer of the meat mixture, add a layer of vegetables and a few dabs of butter, then another layer of meat and so forth until all the meat and vegetables have been used. The meat should be forced down around the edges so that when the loaf is unmolded the vegetables will not show.

Set the baking dish in water bath and cook in a hot oven (425° F.) for about 45-50 minutes. Unmold and serve with a butter sauce, browned or clarified butter.

417. Cabbage Rolls—*Kåldolmar*

(6 servings)

1 large firm cabbage head
Filling: ⅜ cup rice, steamed
1¼-1¾ cups milk
14 oz. boneless meat
3-3½ oz. boneless fat pork, salt
1-1¾ cups milk, egg, pepper
Searing: 2 tablespoons butter
2 tablespoons brown sugar
stock
Gravy: meat juice, salt
1 tablespoon flour
⅝ cup cream

Discard the outer leaves of the cabbage and then remove the large leaves one by one, immerse in boiling salted water, parboil until leaves are partially transparent and pliable, remove from water and drain. Cook the rice in milk until tender and cool. Run the meat and pork through a grinder 4 times and add the rice, milk and seasonings. Stir well with a wooden spoon. The consistency should be that of a thick mush.

Trim the thick center vein off the cabbage leaves, lay a couple of spoonsful of meat mixture on each leaf, then roll about the meat package fashion and tie securely with string, or fasten with toothpicks. Brown the rolls in fat, sprinkle with sugar and when browned on all sides baste with stock, a little at a time. Cover and braise for about 2 hours over a slow fire. Shake the pan occasionally and baste. When done remove the string or toothpicks. Mix flour and cream and add to the pan juice, cook until smooth, return rolls to gravy to reheat, then turn into a serving dish. If preferred the cabbage rolls may be baked.

418. Whole Stuffed Cabbage

(6-8 servings)

1 medium head cabbage
Filling: ½ lb. boneless beef
½ lb. boneless pork
¾ cup bread crumbs
2¼-2¾ cups milk, salt, pepper
Frying: 2 tablespoons fat
1 large slice fat pork or rind
Basting: pork or other stock

Trim and wash the cabbage head, immerse in boiling salted water and cook until almost done. Remove from the water, drain, carefully cut out the core and with a spoon remove the center part of the cabbage

without disturbing the outer leaves. Prepare the filling as described in recipe No. 415, adding more liquid to give a rather thin consistency. Stuff the cabbage, remove a couple of the outer leaves and lay over the top opening and tie the whole head securely with string. Brown the cabbage on all sides and place on pork or rind laid in the bottom of a kettle. Add enough stock to half cover the cabbage, cover tightly and simmer about 2 hours.

Dice the cabbage cut out from the head, brown in butter, flavor with vinegar and brown sugar and cook gently until very tender and soft. Remove strings from the head, place on a platter, surround with the diced cabbage and serve together with browned butter.

419. Creamed Meat in Potato Mold

(6 servings)

Creamed meat: 2 tablespoons butter, salt, pepper
3-4 tablespoons flour
meat gravy, or stock
1½ cups diced cooked meat
3-4 tablespoons chopped pickle
Mashed potatoes: 8-9 potatoes
1 tablespoon butter
1 egg, salt, pepper
Garnish: carrots, parsley

Brown the butter and flour, add gradually left-over meat juice, gravy or stock cooked on bones and trimmings of meat. When smooth add diced left-over meat. Beef, lamb,veal, hare or fowl may be used as meat. Merely heat the meat, do not cook, and season gravy well.

Cook and mash the potatoes, then beat well adding a beaten egg and seasonings. Grease a baking dish generously with cold butter, place strips of cooked carrot in the butter as a garnish, then add mashed potato leaving a depression in the center to hold the meat mixture. The creamed meat must be fairly thick and not run easily. Cover the top of the mold with a buttered or wax paper and set in a water bath. Cook in a fairly hot oven until thoroughly heated through, then unmold on a round warm platter. Surround with a border of cooked buttered carrots and serve at once.

420. Pork in Aspic Mold

(6 servings)

1 lb. pork tenderloin, or tender lean pork, 1 qt. water
1½ tablespoons salt, 1 carrot
5 peppercorns, 5 cloves
5 allspice, 1 bay leaf
aspic (3 cups), 1 small can peas

Wipe the meat, immerse in water to which the seasonings have been added and cook gently until tender. Strain the liquor in the pan and pour it back over the meat and set aside to chill thoroughly.

Prepare the aspic as directed in recipe No. 374. Pour a few spoonsful into a mold, shake well and set in a cold place to stiffen. Garnish the mold with fancy cut pieces of carrot and the peas, pour in enough aspic to cover the garnish and set again to stiffen. Add cubed meat and remaining vegetables being careful not to disturb the sides of the mold. Pour in enough aspic to cover. The aspic should have started to thicken slightly. Set the mold in a cold place for at least 3-4 hours before unmolding. Any aspic left over may be poured into a shallow pan to stiffen and diced for a garnish.

Unmold and garnish with the diced aspic, carrots cut in fancy shapes and peas. Serve with a sauce à la Mats (recipe No. 305) or with a sharp sauce (recipe No. 304).

Meat from goose or duck may be molded after these same directions.

421. Chicken in Aspic

(6 servings)

Cook a cleaned and trussed chicken in water seasoned with salt, 1 carrot, 5 peppercorns and 1 bay leaf until tender and allow to cool in its own liquor. Prepare an aspic from chicken stock as directed in recipe No. 374. Cut the chicken meat into attractive pieces and mold in aspic as directed in recipe No. 420.

Cooked veal may be substituted for the chicken.

422. Galantine

3¼ lbs. lean pork, veal or chicken
2 cold cooked potatoes
10 oz. veal tenderloin
2 tablespoons oil
7 oz. cooked tongue, truffles
15-20 stuffed olives
25-30 pistachio nuts
Panada: 1 cup water, ⅞ cup flour and 3 tablespoons butter
salt, four spices (see glossary)
¾ cup cream, paprika
2 tablespoons Madeira, or Sherry
2 tablespoons brandy, or cognac
stomach casing (calf)

Cook a panada (recipe No. 407) and chill. Wipe the meat, cut into pieces and run through a grinder 8 times. Pound in a mortar with a wooden masher, at the same time gradually adding panada and pota-

toes. Stir well while adding gradually cream, wine and cognac. Season and force through a sieve.

Cut the veal into long fingerlike pieces and heat in oil without browning in order to shrink the meat. Cut tongue also into small fingerlike pieces. Spread out a well washed piece of stomach casing (or cloth if no casing is available). Over the casing spread about ¼ of the forcemeat, in this lay the veal and tongue in even rows and in between them large pieces of cooked mushrooms or truffles heated in butter, peeled pistachio nuts and stuffed olives. Spread on another layer of forcemeat, then a layer of other ingredients and then a layer of forcemeat and so forth ending with forcemeat on top. Pull the casing or cloth together so that it looks like a large sausage, tie with string in 3 or 4 places, weigh, immerse in boiling, slightly salted, water and simmer, allowing about 20 minutes per pound. When done remove from the water and place under a light press over night.

Serve as a cold sliced meat. The skin may be removed and the mold coated with aspic (recipe No. 374) and chilled before carving. Serve with vegetables and a mushroom sauce or mayonnaise dressing. This meat may be served as an appetizer or for a lunch or dinner dish.

423. Head Cheese

1 hog's head (about 9 lbs.)
2¼-3¼ lbs. veal shoulder, or lean pork, 12 allspice, 5 cloves
12 peppercorns, 1 bay leaf
3½ tablespoons salt
***Jelly:* 3 tablespoons salt**
1 teaspoon allspice, ½ teaspoon cloves, 2 teaspoons pepper

With a meat axe cleave the hog's head in two lengthwise, singe off hairs and bristles and scrape the rind well. Cut off the ears, singe and scrub well, discarding the inner part if too difficult to clean. Clean the teeth with a round vegetable brush, remove brains and wash the whole head. Soak in cold water over night and the next day immerse together with the lean meat in boiling salted water. When scum comes to the top skim and add seasonings, cover and simmer until meat is very tender.

Wring a flour sack or other firm cloth out of hot water and spread in a deep bowl. Cut the rind off the head in large pieces and line the bowl with these with rind side down. Allow the head to cool and carve away the fat and meat in thin slices. At the same time cut the other

meat into slices. Place the fat and lean meat in alternate layers over the rind in the bowl adding spices between the layers. On top lay pieces of rind or fat and pull the cloth together tightly, tying securely with string bag-fashion.

Lay a plate upside down in a kettle, on this place the head cheese, cover with the pork stock, heat up and cook about 10 minutes. Remove from the stock, place in an oblong pan, cover with a board and weight down. (9-11 lbs. is sufficient since too heavy a weight will press too much juice out of the meat.) After 24 hours remove the weight, take off the cloth and immerse the cheese in a light brine (scant 5 tablespoons salt to 1 qt. water) for 3 to 4 days. When to be served cut into thin slices with a sharp knife.

424. Pressed Jellied Veal—*Kalvsylta*

2¼ lbs. veal neck, 1 veal shank
2 tablespoons salt, water
6 cloves, 1 bay leaf
8 allspice, ½ teaspoon pepper
1 tablespoon gelatin (scant)
1 tablespoon vinegar

Wash the meat and add together with spices to 2 qts. water. Bring to a boil, skim off any scum, cover and simmer about 1¼-1½ hours or until meat is tender. Remove from the kettle, free from bone and tendons and chop into large cubes (do not grind). Strain the stock through a cloth, return to the kettle and cook down if necessary so it measures not over 4 cups. Add the gelatine first soaked in a little cold water, chopped meat, pepper, vinegar and other seasonings if needed. Pour into a mold and set in a cold place to stiffen.

Unmold on a serving dish and garnish with pickled beets. Left-over pieces of the jellied meat may be remelted and poured into a smaller mold to restiffen. If this mold is to be kept more than 3 or 4 days it is advisable to reheat and chill again in a clean mold.

425. Veal Liver Forcemeat Loaf

14 oz. veal liver
7 oz. fat pork
½ red onion
2 large, or 3 small eggs
2 tablespoons flour
4-5 cleaned anchovies
½ teaspoon white pepper
2 teaspoons salt
¼ teaspoon ginger
1½ tablespoons brandy
⅝ cup thick cream
***Mold:* 7 oz. fat pork**

Wash the liver and soak in milk for several hours. Wipe dry, cut into pieces and grind together with fat pork, onion and anchovies. Run through the grinder 6-8 times then force through a fine sieve. Add the yolks one at a time then seasonings and brandy. Add cream very carefully bit by bit and lastly fold in the beaten whites. Line a loaf shaped mold or pan with the fat pork cut into thin slices, pour in the forcemeat and fold pork slices over the top to cover. Bind a heavy wax or buttered paper over the top of the pan, set in a water bath and cook in the oven about 1-1¼ hours. If the loaf seems loose or porous in texture set a smaller form of the same shape and a light weight on top and allow this to stand until the following day.

Keep the loaf in a cold place and slice as needed. The loaf may be coated with aspic as directed in recipe No. 374. Use the same mold in which the meat was cooked, clean thoroughly and pour in enough aspic to coat the bottom and sides. Shake so that aspic clings to the sides and set to stiffen. Add garnishes such as fancy cut truffle and hard cooked egg first dipped in aspic and when these have set turn the loaf (with all fat removed) into the mold. Pour aspic along the sides and on top so that the loaf will be well coated when unmolded. Set in a cold place to stiffen and unmold before slicing.

426. Chicken Liver Forcemeat Loaf

3-4 chicken livers
1 slice Portuguese onion, minced
1 small anchovy, cleaned
1 tablespoon fine crumbs
⅝ cup thin cream
½ tablespoon flour
1 egg, salt
2 tablespoons clarified butter

Trim and wash the livers, then scrape onto a plate. Soak the crumbs in cream. Gradually stir together all ingredients except butter and force the mixture through a fine sieve. Add cooled butter and season, then pour into a small well greased mold or pan. Set in a water bath, cover with wax or buttered paper and cook in oven 35-40 minutes (375° F.). Cool a little before unmolding and serving. If to be served as an appetizer set in a cold place until time to slice.

427. Goose Liver Forcemeat

1 goose liver, 1 anchovy, cleaned
½ small red onion, minced
1 tablespoon fine crumbs
1 tablespoon flour, salt, pepper
⅝ cup thick cream, 1 egg
1½ tablespoons butter

Prepare goose liver forcemeat after the same directions as for chicken liver forcemeat in recipe No. 426.

428. Wild Fowl Mousse

1 hazel hen, or wood cock
1½ tablespoons butter
¾ cup cream
juice from fowl, stock
2 tablespoons flour, liver
1 teaspoon gelatin (scant)
salt, pepper
⅜ cup thick cream

Clean and prepare the bird for cooking, brown in butter, baste with cream and continue to cook for about 20-25 minutes or until meat is tender. Add flour to the pan juice, mix well and gradually add enough stock to give a medium thick sauce. Add scraped liver and gelatin first soaked in a little cold water or stock, cook about 10 minutes and chill. Remove the meat from the bird and pound together with the sauce in a mortar until smooth. Force the mixture through a sieve and add whipped cream until of desired consistency. Season to taste and use in any of several ways, such as filling for small petit-choux to accompany the soup course, or as a spread for sandwiches or canapés. The latter may be coated with aspic to make them more decorative.

If the mixture separates when the thick cream is added, set over a hot water bath and beat until smooth, then remove immediately from the water.

Mousse may be prepared from delicate parts of meat from other game birds following these same directions.

429. Christmas Sausage—*Julkorv*

2¼ lbs. boneless beef
2¼ lbs. boneless pork
2¼ lbs. fat pork
2¼ lbs. cold cooked potatoes
2 qts. cold cooked milk and pork stock (cooked on bones and rind)
3-4 tablespoons salt
1½ teaspoons pepper
2½ teaspoons ginger
2½ teaspoons allspice
½ teaspoon cloves, 1 teaspoon four spices (see glossary)
3 tablespoons sugar
2 tablespoons potato flour
about 5 yds. casing
***Curing:* 2 tablespoons salt**
2 tablespoons sugar
1 teaspoon saltpeter

Stuffing the Christmas Sausage

Wipe the meat well, free from tendons and cut into pieces, then run through a grinder 4 times. If the time permits cut the fat pork into very fine dice, otherwise run it through the grinder the last time with the meat. The potatoes should preferably be cooked with peels the day before using. Pare and run through the grinder once. Turn the meat, pork and potatoes into a very large bowl and knead with the hands for 1 hour. At the same time add milk and stock, a little at a time. Add seasonings, varying amounts if necessary to get the right flavor. The mixture should have the consistency of a firm mush.

Fill the casings with the meat mixture, tie into 18-inch lengths and cut into sausages. Prick the casings with a darning needle and wash. Rub the casings with the curing mixture and sprinkle with a few whole spices such as cloves, allspice and peppercorns. If the sausages are to be kept for any length of time they should be immersed in a cold cooked brine. They may be used after lying a day but can easily be kept several weeks in cold weather. When kept in brine for a longer period, however, they should be salted out in cold water before using.

430. Smoked Potato Sausage—*Bräckkorv*

2¼ lbs. boneless beef
2¼ lbs. lean pork
2¼ lbs. fat pork
2¼ lbs. cold half-cooked potatoes
2-2¼ cups cold cooked milk
2-2¼ tablespoons salt
1 teaspoon pepper
1 teaspoon ginger
about 3-4 yards large casings
Curing: 3 tablespoons salt
3 tablespoons sugar
1 teaspoon saltpeter

Prepare the sausage mixture in the same manner as described for Christmas sausage, kneading it at least a half hour. Turn the casings smooth side in and stuff. Prick with a darning needle to let out all the air as the sausages should be well filled or they will be shrunken in appearance when cured. Tie into 24-inch lengths, rinse in cold water and rub with the curing mixture. Set in a cold place for 24 hours, wipe dry and squeeze carefully to pack the filling better, tying again if necessary. Tie the end strings together so that each sausage forms a loop and smoke, or if no facilities are available send out to be smoked.

This recipe should make 5 large sausages. If hung in a cool place after smoking this sausage will keep well. Cut into thick slices, sear lightly and serve with scrambled eggs, creamed potatoes or other vegetables. For a cold service slice very thin and use as appetizer, sandwich spread or accompaniment to other foods.

431. Cooked Pork Sausage—*Medisterkorv*

5½ lbs. boneless pork
1 lb. 2 oz. boneless beef
1¾ lbs. fat pork, finely diced
salt, pepper, ginger, scalded milk

Cut all the meat into pieces and run through a grinder 4 times. Add cold milk gradually while kneading the meat. Knead a half hour, add diced fat and knead another half hour. The mixture should have the consistency of thick mush and be rather highly seasoned. Stuff into casings, tie into 10-inch lengths, prick well and lay carefully in a pork stock such as left after cooking head cheese. Cook gently for 10 minutes, turn into crocks and cover with the stock. Melt good cooking fat or lard and pour on top and set in a cold place. As long as the fat is not disturbed the sausages will keep, up to 5 or 6 weeks.

When the sausage is to be served cook it in the stock about 20 minutes, brown either whole or cut into pieces and baste with cream. Serve with boiled potatoes.

If only part of the sausages are to be used at one time remove the fat on top, melt and then pour over the sausages that remain.

432. Swedish Metwurst

3¼ lbs. top round of beef
3¼ lbs. boneless pork, finely diced
2¼ lbs. fat pork
¼ cup salt (scant)
3½ tablespoons sugar
½ tablespoon crushed cloves
½ tablespoon strong pepper
½ teaspoon grated nutmeg
½ teaspoon saltpeter
⅜ cup cognac, or brandy
2 yards large straight casings
***Curing:* 3 tablespoons salt**
2 tablespoons sugar
½ tablespoon saltpeter

Wipe the meat, cut into pieces, remove tendons and connective tissue and run through a grinder 5 or 6 times. Knead a half hour, add crushed spices, saltpeter and cognac, then diced fat and knead another half hour. Turn casing fat side out and stuff, packing as firmly as possible. Tie sausage ends, prick well, rinse in cold water and rub with the curing mixture. Allow to stand in a cold place for 1 or 2 days and rub occasionally with the pickle which forms in the bowl.

Squeeze and tie again if necessary, wipe well and smoke.

433. Rice and Liver Sausage

1 qt. rice, 3-3½ qts. milk
14 oz. veal or pork liver, or
10 oz. beef liver, 10 oz. kidney fat
1 large red onion, minced
½ lb. seedless raisins
about 1½ tablespoons salt
1¼ teaspoons pepper
1¼ teaspoons ginger
1 tablespoon crushed and sifted marjoram
1-1⅛ cups sirup, water
2-3 yards thick, fat casings

Heat the milk and stir in the washed rice, cook until more than half done, pour into a bowl and chill. Soak the liver for a short while, grind and force through a sieve. Cook but do not brown the onion in kidney fat. If the raisins are dry soak a few minutes in hot water. Combine the ingredients and knead with a wooden spoon, then add seasonings. Cut the casing into 18-inch lengths, turn fat side out and sew up one end of each. Stuff the casings with sausage mixture, but avoid packing too much as the sausages may then split when cooked. Sew together the other ends.

Lay sausages in slightly salted water in a large kettle and cook uncovered about ¾ hour. Prick if the sausages come to the top. Do not cook too rapidly and if necessary keep them under water with a perforated ladle or lid. Remove from the water, drain and set in a cold place until ready to serve. Cut into slices, sear quickly in butter and serve with "lingon" berries.

434. Rice and Liver Loaf

(6-8 servings)

1⅛ cups rice, or ¾ cup barley and ⅝ cup rice
1½ qts. milk
7 oz. beef or veal liver
⅔ cup fat pork cooked, or ⅝ cup melted cooking fat
1½ tablespoons minced onion
salt, pepper, ginger, marjoram
⅜ cup sirup
4-5 tablespoons raisins

Rinse the rice and if barley is to be used soak it first over night. Cook the barley in milk until about half done, then add the rice. The cereals must not be cooked to a mush because the texture of the loaf will then be too loose. Grind either raw or cooked liver and if raw force through a sieve. Cook the onion in the ground fat pork or melted cooking fat.

When the cereal has cooled off add the other ingredients, mix well, season to taste and turn into a well greased loaf-shaped baking dish. Bake about 1 hour and serve hot in the same dish. Serve with melted butter and "lingon" berries.

Left over loaf may be sliced and browned in butter.

435. Stewed Lung—*Lungmos*

calf heart and lungs (pluck)
2 red onions, salt
10-12 allspice
2 bay leaves
¾ cup broken barley
finely crushed marjoram

Remove wind and stomach tubes, cut heart and lungs into pieces, wash well and soak in cold water over night. Heat up in salted water, skim and add seasonings. When the meat is tender remove from the kettle and strain remaining stock. Soak cleaned barley in water 8-10 minutes, then cook until tender in the stock. Chop the meat and combine with the cooked barley, season with salt, pepper and marjoram to taste or until mixture has a slight sausage flavor. Serve together with cooked beets and baked potatoes as a luncheon dish.

The barley may be omitted but in that case make a medium thick gravy of butter, flour and some of the stock and add the meat. The gravy should have the consistency of a porridge.

436. Blood Pudding

(2 large molds)

1 qt. blood (hog)
2⅞ cups milk, or stock
2⅞ cups coarse rye meal
⅜-⅝ cup sirup
⅜-⅝ cup cooking fat
½ large yellow onion, minced, or
1 large red onion, minced
½ teaspoon cloves, crushed
½ teaspoon allspice, crushed
1 teaspoon finely crushed marjoram
½ teaspoon pepper, salt
***Molds:* fat and rye meal**

Strain the blood and allow to stand in a cold place a couple of hours. Beat vigorously, add liquid, beat in rye meal and add remaining ingredients. Cook onions first in fat until tender but not browned. Care should be exercised in seasoning the mixture to just the right degree. A small cake may be sautéd in a frying pan as a test.

Grease two pudding tins or other molds, sprinkle with coarse rye meal and fill three-fourths full. Bind wax or buttered paper over the tops, set in a deep water bath and cook on top of the stove or in the oven about 50 minutes. Do not let the water boil. Test with a long needle or skewer and when firm cool slightly and unmold. Serve hot with melted butter and "lingon" berries or with a thin white sauce.

Cut any left-over pudding into medium thick slices and sauté in a generous amount of fat. Serve with "lingon" berries or apple sauce. If the pudding is to be used this way it is best to cook it in loaf-shaped tins.

437. Cooked Blood Bread

(6 servings)

8-10 pieces blood bread
1 tablespoon salt, pork fat
5 tablespoons flour
1 qt. milk

Place the slices of blood bread (recipe No. 554) on edge in a saucepan, lay a plate on top of the slices and add water enough to cover the plate. Allow to stand a couple of hours, add salt, set over the fire and cook 10-15 minutes. Drain water and allow bread to steam off well.

Serve with fried pork or bacon and a quite thick white sauce made with fat from the pork or bacon.

438. Salted Pig's Feet

4 pig's feet, 3 qts. water
2 tablespoons salt

Brine: **2 qts. water**
4 tablespoons salt

Singe the feet, dip in hot water to which a little soda has first been added, scrape well, dip again and continue this process until the feet are white. Cleave the feet in two lengthwise, lay in cold salted water and cook 3-3½ hours or until tender. Chill in cold water, then immerse in cold brine and allow to stand up to a week. Serve with vinegar and pickled beets.

Breaded Pig's Feet: Brush the cold cooked feet with beaten egg and roll in sifted crumbs. Fry in butter or in deep fat.

Vegetables

439. Scandia Potatoes

(6 servings)

12 cold potatoes, cooked with peel
1 yellow onion, finely minced

2 tablespoons butter
cream, salt

Pare and slice potatoes. Cook the onion in butter until light brown and tender, adding more butter if needed and the potatoes. Cook slowly, add cream gradually, stir carefuly but avoid breaking the potato slices. There should not be enough cream to form a sauce. Season to taste and serve with such meats as smoked lamb or beef.

440. Duchess Potatoes

1 lb. potatoes, cooked and mashed
2 egg yolks

1½ tablespoons butter
salt, pepper

Select mealy potatoes, pare, boil and steam off excess moisture. Rice, return to the pan, hold over a low fire and beat with a wooden spoon until the potatoes are smooth and so creamy that they easily form a ball. Add seasonings and butter, remove from the fire, add yolks and beat

again over the fire for 1-2 minutes. The potato mixture is then ready to use in any of several ways.

Timbales: Grease small timbale forms well with butter. In the butter arrange garnishes cut from cooked carrot, peas or finely minced parsley, then fill the forms carefully with the mashed potato. Set the forms in a shallow water bath and bake in a moderate oven until thoroughly heated through. Unmold timbales and serve as a garnish for meat course or as a separate dish. The timbales may be prepared a while in advance and baked just before serving.

Potato Roses: Force the mashed potato through a large fluted pastry tube in the form of roses onto a well-greased baking sheet. Brush with beaten egg first diluted with cold water and bake in a moderate oven until a golden brown, about 10-12 minutes. The roses or rosettes may be made a while in advance then brushed with egg and baked just before serving. They make an attractive garnish for planked, grilled or fried meats, fish and similar dishes.

Croustades: Force the mashed potato through a small fluted pastry tube coiling the potato around and around to form a croustade. Shape the required number of croustades in the same way. In the bottom of each add a little of the mashed potato. Prepare a filling of 1 egg yolk, 2-3 tablespoons butter, 5-6 tablespoons strong cheese and seasonings to taste. Beat ingredients together and fill the croustades, then bake in a moderate oven until a golden brown. Serve either as an accompaniment to other food or as a separate dish. Instead of the cheese filling, peas, asparagus tips, diced cooked carrots or other suitable vegetables may be used.

441. Browned Potatoes

(6 servings)

1½ qts. small uniform potatoes
½ tablespoon salt
3 tablespoons butter
sifted rusk crumbs

Cook the potatoes with the peel and set aside to cool. Pare and trim potatoes to a rounded ball shape, roll in part of the melted butter and then in the crumbs. Sauté in butter, shaking the pan carefully so that the potatoes brown on all sides. Serve with game or steak.

The potatoes may be browned in the oven. In that case use a frying or other shallow pan.

442. Baked Potato Slices

(6 servings)

12 large uniform potatoes
1 tablespoon salt, pepper
4-5 tablespoons butter
few tablespoons stock

Pare and cut the potatoes into thin uniform slices, lay them in overlapping rows in a well-greased omelet pan, sprinkle with salt and pepper and add the melted butter. Cover with a lid or tie a buttered paper over the top and bake in a fairly hot oven about 30-40 minutes or until the potatoes are tender. In the meantime add a little more butter if needed. When done pour off any excess butter and carefully remove to a serving dish. The left-over butter may be used for frying other food.

In place of so much butter a few tablespoons stock may be added. In that case bake the potatoes in a low casserole in which they can also be served.

Potatoes—Hasselback Style: Pare 10 to 12 potatoes and cut into thin slices without cutting all the way through the potato. Spread the slices fan fashion without breaking them apart. Lightly brown about 2 tablespoons butter in a shallow baking pan, carefully lay the potatoes in the pan, sprinkle with salt and dot with 2 tablespoons butter. Set in a fairly hot oven to bake, basting several times with the butter in the pan. When the potatoes are almost done sprinkle them with 3-4 tablespoons fine crumbs and 4-5 tablespoons grated cheese. Continue to bake until potatoes are done and the top nicely browned. If the potatoes cannot be served in the same dish remove them to a small platter or use them as a border to other cooked vegetables. Serve with fried meats.

If preferred the cheese may be omitted.

443. Baked Potatoes à la Princess

(6 servings)

8 large choice potatoes
2 egg yolks
2 tablespoons butter
pepper, salt
3 tablespoons cream
3 tablespoons grated cheese

Wash and bake the potatoes. Cut off one end of each potato and remove the pulp. Force through a ricer, add yolks, butter, cheese and seasonings and refill the shells. Sprinkle with grated cheese and melted

butter, then return to the oven for about 10 minutes to brown. Place ends on again and serve either separately or as a garnish to a meat dish.

444. Small Fried Potato Balls

(6 servings)

Pare 10-12 large firm potatoes and with a French cutter make as many small balls as possible. Salt lightly and fry in butter until golden brown and tender. Shake the pan gently while frying so that balls become evenly browned. Serve with broiled chicken, broiled meats or similar dishes together with such vegetables as peas, small carrots and string beans arranged as an attractive border.

445. Oven Cooked Potatoes

(6 servings)

Select about 20 uniform small potatoes, scrub well or pare and cover with slightly salted hot water for 4-5 minutes. Wipe each potato and place them in a frying pan with 3 tablespoons melted butter. Sprinkle lightly with salt and tie a heavy buttered or parchment paper over the top. Set the pan in a hot oven and bake about 15-20 minutes or until the potatoes are tender. Shake well a couple of times during baking so that the butter soaks evenly into the potatoes. When done garnish with parsley and serve with fried meats.

446. Pommes Soufflés

(6 servings)

Pare and trim 12-15 medium-sized potatoes into rod shapes of uniform thickness. Cut each rod into slices about ⅛ inch thick and immerse these in cold water for 15 minutes. Dry well with a cloth and fry in hot but not smoking fat until the potatoes are tender but not browned. Lift from the fat and drain. Just before serving immerse in very hot fat and finish frying. If the potatoes are of right kind and the fat the right temperature the potato slices will swell and brown. Remove from the fat, drain, sprinkle with salt and serve at once.

These potatoes are suitable to serve with choice meats. They may be cut in other shapes, either slices from rectangular pieces of potato (⅜ inch square by 2 inches long) or in sections similar to an orange.

447. Potato Baskets with Vegetables

Cut large slices of potato and make as many round pieces as needed for the number of baskets to be made. Around the outer edge of each slice set toothpicks (an uneven number such as 5 or 7) at even distances apart and leaning a little outward so as to give a basket shape. From other large potatoes cut thick, uniform slices (about ¼ inch) and then cut each slice round and round to form long spirals. With the spirals weave around the toothpicks. If more than one spiral is needed for each basket carefully splice two pieces together. Set the baskets one at a time in a frying basket and fry in hot fat or oil until golden brown, drain, salt slightly and fill with vegetables just before serving. If the baskets are fried some hours in advance they may be reheated in the oven before serving. The toothpicks should not be removed.

These baskets form a very attractive garnish for fancy meat dishes.

448. Potato Croquettes

(6 servings)

Pare, cook, steam off and mash 1 qt. potatoes. Mix in 1-2 yolks, 1 tablespoon butter and seasonings and set to chill thoroughly. Form into round balls or other desired shapes, roll in beaten egg diluted with water and then in crumbs. Allow to stand for egg to set and when ready to fry immerse in hot fat (365° F.) until a golden brown. Drain and serve at once. Fried parsley may be used as a garnish (Recipe No. 479).

449. Pommes Lorette

(10-12 servings)

1 lb. cooked riced potatoes, salt
2 tablespoons butter, 2 egg yolks
***Sauce:* 1½ tablespoons butter**
⅝ cup water, 1 egg
4½ tablespoons flour
***Frying:* frying fat or oil**

Steam off the potatoes over a slow fire to remove excess moisture before ricing. Weigh potatoes and return to the pan, steam off still more and beat in the yolks. Make a sauce of the butter, flour and water and cook for several minutes until smooth, add egg while beating and then combine with potato. Season and force the mixture through a large pastry tube into finger shapes. As the mixture comes through

the tube cut off lengths about 2 inches long and drop into the hot fat. Carefully move the small croquettes about until a golden brown, then remove from the fat and drain. Do not cook too many at once. If necessary reheat the croquettes in a hot oven before serving. The croquettes are best when eaten as soon as cooked. Arrange in pyramid fashion on a serving dish.

450. Potato Dumplings—*Kroppkakor*

(6 servings)

2½ cups riced potatoes (18 oz.)	*Filling:* 2½-3 oz. ham.
1-1⅛ cups milk	4½ oz. salt pork
1 egg and 2 yolks	(2 slices yellow onion)
1 teaspoon sugar, salt	¼ teaspoon pepper

When potatoes have cooled add eggs and beat until potato mixture holds its shape. Add seasonings to taste and turn onto a bread board and knead. When thoroughly cold add flour, handling as little as possible, roll out to a thickness of ⅜ inch and with a tumbler cut out round cakes.

Dice ham and pork and fry until tender but not crisp, remove and in part of the fat fry the onion until tender but not browned. Combine ingredients, add pepper and lay 1 teaspoon of meat mixture with a little of the fat in the center of half of the cakes. Cover with remaining cakes and pinch the edges together. Instead of two cakes shape the potato mixture into buns, with a spoon make a hole in each, fill with meat and close again.

Shortly before serving the dumplings or cakes, drop into hot salted water and cook 10-12 minutes. Turn as the cakes come to the top. It is best to make a test with one dumpling first to see if the mixture is stiff enough since the amount of flour used is dependent upon the starchiness of the potatoes. When done serve at once with melted butter or browned butter. Left-over dumplings may be cut in two and browned in butter and served with light onion sauce or apple sauce.

451. Boiled Vegetables

Cook vegetables in boiling water (1 teaspoon salt to 1 qt. water) until tender, if green vegetables in an uncovered pan. Drain well and shake gently over fire to steam off moisture. Add butter and seasonings and

heat another 2-3 minutes. Serve with creamed butter, in a sauce or in any other way suited to each type of vegetable.

French Artichokes: For 6 artichokes add juice of ½ lemon to water.

Jerusalem Artichokes: Sprinkle with chopped mushrooms before serving.

Wax Beans: Serve in a well seasoned tomato purée or tomato sauce.

Horse Beans: Season with salt, sugar, minced parsley and butter.

Beets, Pickled: Cover cold sliced cooked beets with a pickle of vinegar, water, sugar, salt, a few cloves and grated horseradish.

Carrots, Glazed: To 1 lb. carrots add 2 tablespoons each butter and sugar, salt and shake gently over fire until coated with glaze.

Cauliflower: Pour over cauliflower a ham, shrimp or tomato sauce.

Leeks: Dot cooked leeks with butter and bake in hot oven 10 minutes.

Shelled Peas: To 1 lb. peas add 1 teaspoon sugar, sprigs of parsley and 2 small white onions. When cooked remove parsley and onions, steam off moisture, add seasonings, minced parsley, and butter and heat.

Rutabagas, Browned: Cut cooked slices into cubes, sprinkle with brown sugar and salt and sauté in fat until a golden brown.

Scorzonera (Black Radishes): To brown add 2-3 tablespoons butter to 30 cooked roots cut into 2 inch pieces and shake over fire.

452. Creamed Vegetables

Most vegetables may be creamed. For white sauce refer to recipe No. 70. Reheat cooked vegetables in sauce before serving. Consistency of sauce and ingredients may be varied for different types of vegetables or combinations of vegetables.

Carrots: To 5 medium carrots sliced add a sauce of 2 tablespoons flour, 3 tablespoons rich cream, 1 teaspoon minced parsley, sugar and salt to taste and vegetable liquor as needed.

Carrots and Horse Beans: To 1 qt. beans and 3 carrots sliced add a sauce of 2 tablespoons flour, 2 tablespoons butter, 1⅝ cups vegetable liquor, ¾ cup rich milk, ½ tablespoon minced parsley and seasonings.

Carrots and Peas: To 1 qt. peas and 5 carrots diced add a sauce of 1 tablespoon butter, 1½ tablespoons flour, vegetable liquor, 1 teaspoon minced parsley and seasonings.

CAULIFLOWER: To 1 large head use a sauce of 1 tablespoon butter, 2½ tablespoons flour, 1⅛ cups milk and vegetable liquor and seasonings.

WHITE CABBAGE: To 1 small cabbage diced use a sauce of 3 tablespoons butter, 2-3 tablespoons flour and 1½ cups mixed broth and milk. Cook for about 10-12 minutes. Combine with cabbage and season to taste.

453. Peas with Crayfish Sauce

(6-8 servings)

meat from 30-40 crayfish
2 tablespoons crayfish butter
3 tablespoons flour
⅝ cup crayfish stock
¾ cup rich milk, or cream
salt, four spices (see glossary)
1 qt. shelled peas, 1 qt. water
1 teaspoon salt, 1 teaspoon sugar
1 teaspoon minced parsley
1½ tablespoons butter

Make the crayfish butter according to recipe No. 270. Heat crayfish butter, add flour, then gradually the stock and milk and cook 8-10 minutes. Season and add the fish, heat through and serve.

Cook the peas, drain well and add butter. Turn peas onto the center of a serving dish, sprinkle with parsley and pour the fish around as a border. Garnish with claws of crayfish and roe. Serve as a separate course.

454. To Reheat Canned Peas

Drain peas and while in the strainer rinse with boiling water. Turn into a pan and shake gently over the fire to steam off excess moisture. For 1 can of peas add 1 teaspoon sugar, a pinch of salt, 1 teaspoon minced parsley and 1 tablespoon butter. Shake over the fire until well blended with the butter and serve.

455. Russian Peas

(6 servings)

¼ lb. best quality Russian peas
about ½ qt. water, pinch salt
1 teaspoon sugar
1-2 tablespoons butter

Soak the peas in cold water over-night and cook slowly in the same water for 3-4 hours. When nearly done remove the lid so that the last water will evaporate. Add salt to taste, sugar and butter and continue to heat until well blended with the seasonings. These peas are espe-

cially appropriate for winter meals. Other dried peas may be prepared after these same directions.

456. Choice Vegetable Dish

(8 servings)

1 large can choice mushrooms
¼ cup butter (scant)
¾ cup thick cream
1 large can beans (haricot verts)
1 teaspoon salt
2 tablespoons butter

Drain the mushrooms and cook in butter in a covered pan for about 2 hours over a very slow fire, but do not brown. When they have absorbed the butter, add gradually the thick cream and a little of the mushroom liquor which has first been reduced by cooking. Continue to cook the mushrooms until they have absorbed the liquid and are coated with cream.

If fresh beans are used cook according to general directions given in recipe No. 451. If canned reheat. Add butter and salt if needed, shake over a fire until well blended and pile pyramid fashion in the center of a round platter. Surround the beans with a border of mushrooms, or if preferred reverse the arrangement.

457. Haricots Verts à la Portuguese

(6 servings)

1 lb. haricots verts (beans)
2 slices fat pork
7-8 oz. red tomatoes, peeled
salt, pepper (sugar)
⅞-1⅛ cups stock
1 tablespoon minced parsley

Cut the pork into very fine strips, place these together with the beans in a deep frying pan. Remove seedy pulp from tomatoes, cut them into small pieces and add to the pork and beans. Season with salt and pepper, also sugar if liked, add stock, cover and cook until the beans are tender. Turn into a serving dish and garnish with the parsley. Serve as a separate course or with a light meat course such as tongue or sweetbreads.

458. Brown Beans

(6 servings)

2 cups brown beans
2 qts. water, dash salt
4-5 tablespoons sirup
3-4 tablespoons vinegar

Wash the beans and soak in cold water over night. Simmer in the same water for about 2 hours. Toward the last of the cooking stir and watch carefully so that the beans do not burn. Add sirup and vinegar to give a desirable sour sweet taste. Serve with fried pork or meat balls.

459. Scalloped Cauliflower

(6 servings)

1 large cauliflower
3-4 tablespoons grated cheese
fine bread or rusk crumbs
2-3 tablespoons butter

Cook either whole head or sections of cauliflower after general directions in recipe No. 451. Drain and place in a baking dish or casserole, sprinkle with grated cheese and crumbs, dot with butter, set in the oven to brown and serve atonce. If preferred the butter may be melted, the crumbs added and stirred until light brown in color, then the butter and crumbs poured over the hot cauliflower.

Cauliflower Scalloped with Crabmeat: Cook a white sauce of 2 tablespoons butter, 3 tablespoons flour and 1¾ cups milk (half cream). When smooth and thickened add the diced meat from 1 large crab or from 1 small can of crabmeat, season to taste and remove from the fire. For a richer sauce add 1 or 2 balls of crabmeat butter (recipe No. 270). Lay a few sections of cooked cauliflower in each of 12 buttered scallop shells, cover with the sauce, sprinkle with fine crumbs and a little melted butter. Arrange the shells on a shallow pan and just before serving set in a hot oven about 8-10 minutes to brown and heat through. In place of the individual shells one large shallow baking dish may be used.

Lobster, crayfish or shrimps may be prepared in this same way.

Cauliflower Scalloped with Tomato Sauce: Cook 2 heads of cauliflower according to general directions in recipe No. 451, drain and place in a low casserole. Brush with beaten egg, sprinkle with crumbs and parsley, dot with butter and set to brown in a hot oven. Prepare about two-thirds of recipe No. 290 for tomato sauce, add 2 tablespoons Madeira or Sherry and pour over the cauliflowers.

In place of the sauce stuffed baked tomatoes may be used as a border around the cauliflowers. Fill the tomatoes with creamed mushrooms (recipe No. 1234) or other appropriate mixture. Sprinkle the tops with crumbs and melted butter before baking. Serve as a separate course for lunch or supper.

460. Vegetables à la Ingeborg

(6 servings)

1 choice cauliflower head
3 hard cooked eggs
1 tablespoon butter
1 tablespoon minced parsley
3 firm tomatoes
1 can asparagus tips

Sauce: 1½ tablespoons butter
2 tablespoons flour
asparagus liquor
⅝ cup milk and cream
2-3 tablespoons tomato purée
4-5 tablespoons grated cheese

Cook whole cauliflower according to general directions in recipe No. 451. Cut the eggs in two, remove the yolks and work these together with the butter to a paste. Add salt, parsley and other seasonings to taste. Force the paste through a fluted pastry tube and fill the whites. Cook a sauce of the butter, flour, asparagus liquor, milk and tomato purée. When smooth and thickened season to taste and pour into a large round platter. In the center place the cauliflower, around this at regular intervals lay several asparagus tips and sprinkle the whole with grated cheese. Set in a hot oven to heat through, remove from oven and between the asparagus lay thick slices of tomato. On each tomato slice place a stuffed egg and serve at once.

461. Cauliflower Soufflé

(6-8 servings)

1 large cauliflower, salt
3 tablespoons butter
Sauce: 2 tablespoons butter
3 tablespoons flour
1¼ cups milk, cream and liquor from cauliflower
4-5 tablespoons grated cheese
3 egg yolks, 4 whites

Divide the cauliflower into small sections and cook according to general directions given in recipe No. 451. Cook a white sauce of butter, flour and the liquids and when thickened and smooth add yolks one by one while beating vigorously. Stir in the strong cheese and chill. Beat the egg whites until stiff and fold into the sauce. Place the cauliflower in a buttered baking dish, dot with butter and pour in the sauce. Bake in a moderate oven for 20-25 minutes or until done when tested with a straw. The soufflé should brown only lightly. Serve at once as a separate course.

Spinach Soufflé with Egg Garnish

462. Spinach Soufflé

(6 servings)

2½ tablespoons butter
⅔ cup flour
2¼ cups milk, salt, pepper
3-4 egg yolks, 4 whites
¾ lb. spinach
***Garnish:* 3-4 hard cooked eggs**

Clean and prepare the spinach after directions for creaming in recipe No. 452. Shake over the fire to remove any excess moisture. Prepare a sauce after the same method as for cauliflower soufflé. After adding the yolks beat until light and chill. Combine the sauce and spinach purée and carefully fold in the beaten whites. Pour the soufflé mixture into a well buttered baking dish, cover with a buttered or wax paper, set in a water bath in a shallow pan and bake in a fairly hot oven for about 50 minutes or until firm when tested with a straw. Remove from the oven, allow to stand for 5 minutes, then unmold onto a serving dish.

Slice hard cooked eggs lengthwise and place around the spinach mold as a garnish. Cut one egg into very thin slices crosswise and remove

the yolk. Arrange overlapping rings of the white around the top of the mold and add grated egg yolk in the center. Serve with a Hollandaise or mushroom sauce as a separate course.

463. Spinach Timbales in Ham Sauce

(6 servings)

⅞ lb. spinach, cooked
2 teaspoons flour, salt
4 eggs, four spices (see glossary)
2⅓ cups stock (scant)

Sauce: 4-5 slices bacon, or very fat ham
3 tablespoons flour
1¼ cups stock (scant)

Force the hot cooked spinach through a sieve or chop it very fine. Turn into a frying pan, set over the fire, stir in the flour and cook until excess moisture has steamed off. Beat the eggs, add stock, seasonings and butter and combine with the spinach. Grease small timbale forms with cold butter and fill with spinach mixture. Place the forms in a water bath in a shallow pan, cover with buttered or wax paper and cook 12-15 minutes or until firm when tested with a straw.

To prepare the sauce dice the ham and brown lightly, dredge with flour and stir well, gradually add the stock and stir until sauce has thickened or for about 10-12 minutes, then season to taste. Pour the sauce into a serving dish, unmold the timbales and set in the sauce. Serve as a luncheon dish.

464. Spinach Pancakes

(6 servings)

3 eggs
2⅝ cups milk with cream
1¼ cups flour, salt, sugar
1⅛ lbs. spinach

Prepare spinach in same way as for timbales. Prepare a batter of eggs, milk, flour, salt and sugar to taste. Combine the spinach and the batter and fry as thick pancackes on a well greased griddle. Fry somewhat more slowly than other griddle cakes. Serve at once with creamed butter.

465. Asparagus Soufflé

(6 servings)

1 can asparagus tips, or about 10-14 oz. fresh asparagus
3 tablespoons butter
6½ tablespoons flour
1¼ cups milk and cream (scant)
¾ cup asparagus liquor (scant)
4 eggs, separated
salt, white pepper, butter

If fresh asparagus is used cook according to general directions given in recipe No. 451. Cut the stalks into ½-inch pieces. Prepare a soufflé after same method as for cauliflower soufflé. After adding the yolks beat for 20 minutes, add asparagus and carefully fold in the stiffly beaten whites. Pour into a buttered baking dish and set in a water bath. Bake in a moderate oven about 45 minutes. If baked without a water bath allow about 30 minutes. When done serve in the baking dish together with melted butter.

466. Stuffed Artichoke Bottoms

(12 servings)

12-14 canned artichoke bottoms
1 large can fine small mushrooms
6 tablespoons butter (scant)
⅞-1⅛ cups thick cream

Cook mushrooms in their own liquor until thoroughly heated, drain off the liquor, add butter and simmer for several hours. Baste with the cream a little at a time.

Heat the artichoke bottoms in their own liquor, drain and arrange singly on a hot platter. On each bottom place 3-4 mushrooms and 1 teaspoon of the pan sauce. To simplify the recipe cut the mushrooms in slices lengthwise, cook in butter and add a little sweet thick cream. Lay a spoonful on each bottom. For a more economical dish substitute slices of cooked celeriac for the artichoke bottoms.

467. Jerusalem Artichokes and Shrimps au Gratin

(6 servings)

1 qt. Jerusalem artichokes
½ lb. cleaned cooked shrimps
***Sauce:* 2 tablespoon butter**
3 tablespoons flour
¾ cup milk and cream, salt
four spices (see glossary)
***Garnish:* grated cheese, crumbs**
2 tablespoons butter

Cut the peeled artichokes into uniform slices and cook according to general directions in recipe No. 451 until tender but not broken. Cook a medium thick white sauce of the butter, flour, milk and vegetable stock from the artichokes. Arrange the well drained artichokes and shrimps in alternate layers in a well greased baking dish adding a little sauce between the layers. Cover top with sauce, sprinkle with

crumbs and cheese, dot with butter and bake in a hot oven until browned.

If the shrimps are dry and hard it is advisable to soak them in milk several hours before using. Serve this dish either as a separate luncheon dish or as an entrée.

468. Celeriac à la Gourmet

(6 servings)

2 celery roots (celeriac)
20 large crayfish, or shrimps
***Sauce:* ½ qt. fresh mushrooms, or**
1 cup canned mushrooms
2 tablespoons butter, salt
1½ tablespoons flour, paprika
6 tablespoons cream, mushroom liquor
1 tablespoon grated cheese
1 tablespoon crumbs
2 tablespoons butter, (truffle)

Clean and cut roots into uniform slices, round off the edges and cook in salted water until tender. Clean and finely chop the mushrooms, cook in butter and season. Dredge with flour, stir well and gradually add the cream and enough mushroom liquor to give a thick sauce. Cook 25-30 minutes and chill.

Place celeriac slices in a buttered shallow baking dish or casserole, add cleaned crayfish and spread over them the sauce. The sauce must be thick enough so that it does not run off the slices. Sprinkle with crumbs and cheese and brown in a hot oven for 8-10 minutes. Garnish with a piece of truffle or mushroom and serve at once.

469. Celeriac Purée

(6 servings)

1 lb. celery roots (celeriac)
3-4 potatoes, salt
2-3 tablespoons butter, sugar
(about ⅜ cup rich milk)

Clean and cut the roots into slices about ½ inch thick. Immerse in cold salted water and boil about 30 minutes, or until the slices begin to get tender, then add potatoes first cut in halves if large. When both vegetables are done, drain well and pass through a ricer. Return purée to the pan and steam off excess moisture while stirring well. Add butter, if desired, hot milk and the seasonings. Serve as a garnish with veal, lamb, pork or smoked sausage.

470. Breaded Celeriac Sautéed

(6 servings)

2-3 large celery roots (celeriac)
2-3 tablespoons butter
1 egg, 1 tablespoon water
sifted crumbs, salt

Boil slices of celeriac as directed for celeriac purée, drain thoroughly and chill. Dip each slice in beaten egg diluted with cold water and dredge with crumbs, then allow to stand until egg sets. Sauté in butter over a moderate fire until a golden brown. Lay slices in an overlapping circle on a vegetable dish or use them as a garnish for a meat course.

471. Celery in Broth

(6 servings)

1 bunch celery, salt
few pieces fresh pork rind
2 cups dark meat stock, or veal stock and ½ teaspoon meat extract

Clean and trim each celery stalk and cut into fourths lengthwise. Tie stalks into bunches and boil in salted water from 1-1½ hours or until tender. In the bottom of a shallow baking dish or casserole place pieces of rind or very thin slices of fat pork. Drain and remove strings from celery, fold double and place on top of the rind. Pour on enough stock to cover the celery, crease a buttered or wax paper over the top and simmer for about 2 hours. Serve in the stock as a vegetable dish or use as a garnish for roasted meat.

Endive may be prepared in this same way.

472. Stuffed Eggplant

(6 servings)

3 eggplants, 2 tablespoons butter
8 tomatoes, peeled
2-3 slices yellow onion
1½ tablespoons butter, pepper
½ teaspoon salt, ½ teaspoon sugar
3 tablespoons rice, steamed
Crumbing: 2 tablespoons crumbs
3 tablespoons butter

Cut the eggplants in two lengthwise, score the pulp diagonally with a sharp knife, lay halves with pulp side down in hot butter and fry for a few minutes. Cool and with a silver knife remove the pulp. Peel tomatoes, remove seeds and cut into small pieces. Chop onion and

cook in butter for 5 minutes without browning, add tomatoes and seasonings, cover and simmer 25-30 minutes. Mix the pulp with the hot steamed rice, tomato mixture and seasonings to taste. Set eggplant halves in a greased pan, fill with the rice mixture, sprinkle with crumbs and melted butter and bake in a hot oven until browned. Serve as a separate course.

Eggplants may also be stuffed in the same way as cucumbers (recipe No. 126).

473. Whole Fried Onions

(6 servings)

6-8 fairly small yellow onions
1-2 tablespoons butter, salt
1 teaspoon brown sugar
⅜-¾ cup stock, or water

Peel and boil the onions until almost tender in slightly salted water, drain and turn into melted butter in a frying pan. Sprinkle with sugar and brown on all sides, add liquid, cover and simmer until onions are thoroughly done but still hold their shape. Serve with meat balls or as a garnish with beef roast.

474. Chestnuts

Roasted: Cut a cross at the fringed end of each chestnut. Arrange the nuts in a single layer over a bed of coarse salt in a shallow pan. Roast in the oven for 25-30 minutes or longer if the nuts are old. Remove the shells and serve hot with creamed butter.

Glazed: Cook chestnuts in water until the shells can be removed with a knife. Scrape away the thin skin and arrange nuts in a single layer in a well buttered pan. Add stock (about 1¼ cups to 1 lb. nuts) and sugar (2 teaspoons to 1 lb. nuts) then cook until the nuts are tender but still hold their shape. Allow the stock to simmer until thickened then shake the pan over the fire until the nuts become glazed. Serve as a garnish with meats or game.

Purée: Cut a cross at the fringe end of each nut. Cook nuts in water until shells can be easily removed with a knife (about 10 minutes). Scrape off the skin and cook nuts in a little stock together with a piece of celery until tender. Drain well and force through a sieve or run through a fine grinder. Shake the purée over the fire to remove excess

moisture, stir well and add for each lb. of nuts ⅛ cup butter (scant), 2½ tablespoons thick cream, ⅜ cup thin cream, salt and sugar to taste. Serve with turkey, duck, goose or other rich meats.

475. False Sour Cabbage

(6 servings)

2 red cabbages, or
2 medium white cabbages
3 tablespoons good fat, salt
1⅛-1⅞ cups pork or meat stock
1½ tablespoons vinegar, pepper
2-3 tablespoons sugar, or sirup

Separate the cabbage leaves and trim off the largest veins. Lay the leaves over each other and cut into fine strips. Cook in slightly salted water in an uncovered pan and drain well. Brown in fat, add seasonings and sweetening and when the cabbage has a desirable brown color pour on half the stock. Cover tightly and simmer for about 2 hours or until the cabbage is so tender it falls to pieces. Stir occasionally and add more stock as needed. The cabbage should have the consistency of a stew and a sweet sour taste. Serve with such meats as goose, brisket, pork or cured meats.

476. Red Cabbage

(6 servings)

1 red cabbage (1¾ lbs.), shredded
1 slice yellow onion, minced
3 tablespoons wine vinegar
3 tablespoons water, 1 teaspoon salt
4 sour apples, pared
1 tablespoon sugar, pepper
(2 tablespoons flour)
(2 tablespoons butter)

Lay the shredded cabbage in an iron or other heavy kettle, add onion, vinegar, water and seasonings, cover tightly and simmer for nearly 3 hours. After the first hour add sliced apples and sugar. If well covered no more liquid will be required. If thickening is preferred, mix flour and butter to a paste and stir into the cabbage, then continue to cook another 8-10 minutes.

VARIATION: Prepare cabbage in the same way as directed for red cabbage and then cook in ½ cup butter for ½ hour. Dredge with 1 tablespoon flour, add seasonings to taste, stir well and add ¾ cup red wine. Cover tightly and simmer for about 2 hours. Serve together with a meat course.

477. Mashed Potato and Rutabaga—*Rotmos*

(6 servings)

1 medium rutabaga
water or pork stock, salt
few allspice, pepper, sugar
1½ qts. potatoes, pared
1 tablespoon butter
(3 tablespoons cream)

The rutabaga must not be bitter flavored. Pare, slice and cook in water or pork stock sufficient to cover. When slices start to get tender (about 50-60 minutes) add potatoes first cut into large pieces and cook until both vegetables are done. Drain and mash or rice vegetables and beat in butter. If too dry beat in enough cream to give desired consistency. Serve with salted or smoked meats.

Left-over rutabaga and potato may be returned to the pan, stirred over the fire until mixture keeps its form then turned into a bread pan to mold over night. The following day cut into thick slices and fry slowly in plenty of butter or good fat until a golden brown. If the slices are not stiff enough turn in sifted crumbs before frying.

478. Parsley Fried in Deep Fat

Wash and thoroughly dry large sprays of parsley, place in a frying basket and immerse in hot fat a couple of seconds or until parsley becomes crisp but retains its green color. Drain and serve hot with croquettes or similar foods.

479. Rice for Garnishing

(6 servings)

1⅜ cups rice
1-2 tablespoons butter
(½ tablespoon salt)
3 cups water, or light stock

Sort and clean the rice but do not wash. Combine with melted butter and stir until rice becomes a golden brown. Add twice as much water or stock as rice, salt to taste and heat through. Cover well and set in a moderate oven for about 20 minutes. If very soft rice is desired use 2½-3 times as much liquid as rice and cook in the oven 25 minutes. Arrange in pyramid fashion on a platter and surround with other food to be served with the rice. If preferred turn the rice into a well buttered mold, allow it to stand for 10 minutes and then turn out on the center of the platter. This rice may be served with fish or meat courses or added as a garnish in soup.

480. Basic Ice Cream Custard

(10-12 servings)

8 egg yolks, or 6 eggs
½ cup sugar, or
¾ cup powdered sugar
1 qt. thin cream, salt

Beat eggs, add sugar and continue to beat until well blended. Heat the cream, cool partially and add to the egg mixture while beating well. Cook in a double boiler, stirring until smooth and thickened. With whole eggs cook slowly to prevent curdling. Pour into a bowl and whip until almost cold. Keep chilled until ready to use. Add flavoring and other ingredients and freeze. With very rich cream, much sugar or liqueur longer freezing than usual is required.

Vanilla Ice Cream: Add 2-3 teaspoons pure vanilla extract.

Pineapple Ice Cream: Reduce cream in vanilla ice cream by ⅓ cup. When cold stir in 1 cup grated pineapple and juice.

Almond Brittle Ice Cream: Caramelize 3½ oz. blanched almonds and ⅓ cup sugar and turn onto buttered tin. When cold crush, add to ice cream together with ⅝ cup thickly beaten cream and freeze.

Coffee Ice Cream: Warm ¼ lb. coffee beans in the oven, cover with 2 cups hot cream, allow to stand for 2 hours and strain. Heat rest of cream and follow basic recipe, adding more sugar to taste.

481. Frozen Cream

(12 servings)

Whip 3 cups heavy cream until stiff and add 3 tablespoons sugar and 1 teaspoon vanilla. Pour into a freezer and turn until frozen. Pack in a mold and cover with ice and salt for 1-2 hours. Unmold and with a spoon dipped in hot water cut oval shaped pieces. Serve with fresh strawberries, raspberries or fruit compote.

482. Fruit Ices

(12 servings)

Cook a sirup of 2 cups sugar and 2 cups water for 5 minutes, skim and chill. Add fruit pulp and juice and freeze to desired consistency.

If not to be served at once pack in ice and salt.

Orange Ice: Add juice of about 15 oranges (preferably part blood oranges) and enough lemon juice to give desired acidity.

Strawberry Ice: Add 2 qts. fresh strawberries forced through a sieve and juice of ½ lemon. With canned berries reduce amount of sugar.

Raspberry Ice: Prepare in same manner as strawberry ice.

Cherry Ice: Pit 2 lbs. cherries and add to hot sirup for 25-30 minutes. Force through a sieve and add lemon juice to taste.

483. Wine Sorbet

(20-25 servings)

Cook a sirup of 2 cups sugar and 3¾ cups water, add grated rind of 1 lemon, chill and strain. Add juice of lemon, chill to ice cold, add 2 cups champagne or dry white wine and a little red coloring and freeze. When half frozen add 2 cups more champagne or wine and continue to freeze until of creamy consistency. Serve in champagne glasses before a meat course or with a buffet service.

484. Basic Recipe for Parfait

(10-12 servings)

⅔-¾ cup powdered sugar, or
½ cup granulated sugar

⅝ cup water, 6 egg yolks
2⅜ cups thick cream, flavoring

Cook a sirup of sugar and water. Stir gradually into the beaten yolks, heat and continue to beat until thickened. Remove from the fire and beat until cooled. Just before molding fold in whipped cream, flavoring and other ingredients to be used. Brush inside of mold lightly with melted butter, chill and fill with parfait mixture. Cover with heavy wax paper, fit on the top, bind edge with a strip of cloth dipped in hot butter and pack in ice and salt, or freeze in refrigerator. Allow 5-6 hours for a large mold to freeze.

Vanilla Parfait: Add pure vanilla extract to desired taste.

Coffee Parfait: Use strong coffee as liquid and double the sugar.

Pineapple Parfait: Use pineapple juice as liquid and add 3 or 4 slices of pineapple, grated or chopped.

Strawberry Parfait: Increase cream by ½ cup and add 2¼-3 qts. fresh strawberries forced through a sieve and sweetened.

Raspberry Parfait: Follow directions for strawberry parfait.

Walnut Parfait: Add 4½ oz. ground or chopped walnuts.

Pistachio Parfait: Add 3 oz. finely chopped pistachio nuts and 3-6 tablespoons maraschino or other liqueur.

Nougat Parfait: Add brittle as directed for brittle ice cream.

485. Bombe Theresa

(12 servings)

Sirup: 1⅓ cups powdered sugar
1 cup water
1 tablespoon gelatin, water
***Praline:* 2 oz. almonds**
5 tablespoons powdered sugar
2¼ cups thick cream
5 oz. crushed sweet wafers in 2-3 tablespoons liqueur
diced pineapple
2-3 tablespoons sweetened or preserved strawberries, or other preserved fruit

Cook a sirup of the sugar and water, skim, add the gelatin first soaked in ¼ cup cold water and cool but do not allow to stiffen. In meantime caramelize almonds and sugar as directed for almond brittle ice cream, turn onto a buttered plate and when cold run through a grinder. Add to the sirup, fold in beaten cream and turn at once into a mold in alternate layers with the fruit. The fruit must not touch the side of the mold. Finish with cream on top. Cover and seal with a strip of cloth dipped in hot butter. Pack in ice and salt and freeze for at least 4-5 hours. Pour off melted ice and add more ice and salt as needed.

486. Frozen Fruit Pudding

(12 servings)

2 cups thin cream, 4 yolks
⅝ cup powdered sugar
½ tablespoon gelatin, water
2 cups thick cream
½-1 teaspoon pure vanilla
***Filling:* 1 cup pineapple pulp**
4-5 tablespoons rich raspberry preserve, 3½ oz. sweet wafers

Beat yolks, add sugar and gradually the heated cream, turn into a double boiler and beat while cooking until smooth and thickened. Return mixture to a bowl and continue to beat until cooled. At the same time add gelatin soaked in a little cold water and dissolved in 2 tablespoons hot water. When the mixture starts to stiffen beat in the whipped cream. Rinse a mold with cold water and sprinkle with sugar then fill with alternate layers of cream mixture and fruit together with

crushed wafers. The fruit must be completely covered with cream mixture. Spread a wax paper over the top, cover and seal with a strip of cloth dipped in hot butter. Pack in ice and salt and freeze at least 4 hours. Add more ice and salt as needed. Unmold and serve with a garnish of fancy wafers, preserved fruit or a bed of spun sugar.

487. Wine Jelly with Fruit

(12 servings)

1½ cups sugar, 1⅝ cups water
juice and rind of 2 lemons
2⅜ cups dry white wine
3½ tablespoons gelatin, water
4 egg whites, slightly beaten
2⅜ cups Madeira
½ lb. small seedless grapes, or small pitted cherries

Combine sugar, water, wine, lemon juice, finely grated rinds, gelatin first soaked in ½ cup cold water and the whites. Gradually heat the mixture and stir until it comes to a boil, remove from the fire, add Madeira, cover and set in a warm place for 15 minutes. Line a sieve with a fine cloth wrung out of hot water and strain the gelatin mixture. If not perfectly clear strain a second time. Rinse molds with cold water and fill to one-third with gelatin mixture. When this has stiffened add fruit and remaining gelatin. A little of the gelatin mixture may be poured onto a shallow plate to stiffen and then diced for a garnish. Allow several hours for the jelly to stiffen and if in one large mold preferably over-night. If small molds are used the gelatin may be reduced by ½ tablespoon.

Plain Wine Jelly: Wine may be substituted for one-half the liquid in any recipe for fruit jelly. In a recipe calling for 1 qt. liquid use 3 cups water and fruit juice, ½ cup white wine and ½ cup Sherry or Madeira. If desired fruit may be molded in the jelly. Plain wine jelly may be served with a cold vanilla sauce.

488. Pineapple Cream Custard

(8 servings)

2 cups diced pineapple
juice of 1 lemon
3 yolks, ½ cup sugar
1 cup thick cream, whipped
1 tablespoon gelatin, water
2 egg whites, beaten

Soak gelatin in ¼ cup cold water and dissolve in hot pineapple juice. Beat sugar and yolks until lemon colored, add dissolved gelatin and al-

low to stand until mixture starts to stiffen. Add lemon juice, cream, whites and lastly the fruit. Rinse a mold with cold water and dredge with sugar. Slices or sections of pineapple may be arranged attractively in the mold. Carefully pour in the cream mixture. Set to stiffen in a cold place for several hours, unmold and garnish with very small almond macaroons.

489. Strawberry Fromage

(6 servings)

1 qt. strawberries, sweetened
lemon juice, red coloring
¾ tablespoon gelatin, water
1⅛ cups thick cream, whipped

Force strawberries through a sieve, add sugar and lemon juice to taste. Soak gelatin in ¼ cup cold water and dissolve over hot water, add to the strawberry pulp and when the mixture starts to stiffen fold in the cream. Add red coloring if desired, turn into a dessert bowl and set in a cold place for several hours. Garnish with ½ qt. whole berries and serve with thin slices of sponge cake or small fancy cookies.

Raspberry or cherry fromage may be prepared after these same directions. Sweetened fruit juice without berries may also be substituted. In that case use 1¼ cups juice to the proportions given and if juice is sweet omit the sugar.

490. Raspberry Jelly Fromage

(6-7 servings)

Jelly: **⅔ cup sugar**
1⅝ cups water
¾ tablespoon gelatin
1½ tablespoons arrack (liqueur)
Fruit: **grapes, banana**
Fromage: **1⅜ cups raspberry sauce**
¾ tablespoon gelatin, water
¾ cup thick cream

Prepare the jelly after directions for wine jelly. When it starts to stiffen pour it into a ring or other mold first rinsed with cold water. A little of the jelly may be poured into a shallow plate, allowed to stiffen and then diced as a garnish. When the jelly in the mold is almost stiff add the fruit arranged in an attractive design. Over this pour the fromage mixture combined after directions for strawberry fromage (recipe No. 489). Set in a cold place for several hours, unmold, garnish with diced jelly and serve with small fancy cakes or cookies.

Strawberries may be substituted for the raspberries.

491. Jellied Almond Pudding

(6 servings)

2 oz. almonds, ground
4 bitter almonds, ground
4 egg yolks
3 tablespoons sugar
1¼ tablespoons gelatin, water
1⅝ cups thick cream, whipped
Garnish: cooked plums
finely chopped pistachio nuts

Beat sugar and yolks until lemon colored, add ground almonds and gelatin first soaked in ¼ cup cold water and dissolved over hot water, then set in a cold place until the mixture starts to stiffen. Fold in cream and pour into a mold first rinsed with cold water. Chill for at least 3-4 hours, unmold and garnish with a border of preserved plums sprinkled with nuts.

492. Banana Cream Pudding

(6 servings)

Jelly: ½ package fruit gelatin
⅝ cup hot water
⅜ cup white wine
sugar to taste
Filling: ½ tablespoon gelatin
2 tablespoons powdered sugar
¾ oz. blanched almonds, chopped
4-5 bananas, diced
lemon juice to taste
1 cup thick cream, whipped

Add hot water to gelatin powder and stir until dissolved. Add wine and sugar to taste, pour into a ring mold first rinsed with cold water. When the jelly starts to stiffen dip it with a spoon over the sides so that the mold becomes well coated on the inside. In the bottom arrange the banana slices in an attractive design.

Soak the gelatin for the filling in ¼ cup cold water and set over hot water to dissolve. Combine with sugar, almonds, banana and lemon juice, fold in the whipped cream and pour over the jelly in the mold. Chill for at least 3-4 hours before unmolding.

493. Lemon Sponge Pudding

(6 servings)

1 large egg, 2 yolks
⅝ cup white wine
6 tablespoons sugar
juice of 1½ lemons
grated rind of ½ lemon
2 teaspoons gelatin, water
1 cup thick cream, whipped
Garnish: candied orange peel

Beat together the egg, sugar and wine in a double boiler and cook

while stirring continuously until thickened. Turn into a bowl and beat until cooled, add lemon juice to taste and finely grated rind, then gelatin first soaked in 3 tablespoons cold water and dissolved over hot water. Chill until the jelly starts to thicken then fold in the cream. Part of the mixture may be tinted pale green or pink. Pour into a mold first rinsed with cold water. A garnish of orange peel may be placed in the mold first or if the mold has a design in the bottom this may be filled with colored mixture before adding the rest. Chill at least 2 hours before unmolding. Serve with meringues made from the left-over egg whites.

494. Lemon Egg Whip

(6 servings)

4 egg yolks
½ cup sugar
grated rind of ½ lemon
juice of 1-1½ lemons
½ teaspoon gelatin, water
2 egg whites, beaten stiff

Beat the yolks and sugar until lemon colored, about 20 minutes in all. Add gradually the lemon juice and rind and while beating vigorously the gelatin first soaked in 2 tablespoons cold water and dissolved over hot water. Fold in whites and pour mixture into a mold or pudding dish and chill a couple of hours before serving. Serve with small macaroons or small fancy cookies.

495. Orange Cream Sponge

(6 servings)

3 egg yolks, ⅝ cup thin cream
5 tablespoons sugar
grated rind of ½ orange
juice of 3 large oranges
¾ tablespoon gelatin, cold water
1⅛ cups thick cream, whipped

Combine yolks, sugar, thin cream and rind in a double boiler and cook while beating well until thickened. Turn into a bowl and continue to beat until almost cool. Add gradually the gelatin first soaked in 3 tablespoons cold water and dissolved over hot water, then strained orange juice and set to chill until the sponge starts to thicken. Fold in cream and turn into a mold first rinsed in cold water and dredged with sugar. Chill at least 3-4 hours before unmolding.

496. Nougat Cream Sponge

(6 servings)

⅝ cup sugar, 1 oz. almonds
***Sponge:* 4 egg yolks**
3 tablespoons sugar
1 cup thin cream
1 cup thick cream
½ tablespoon gelatin, water

Prepare brittle of almonds and sugar as directed for almond brittle ice cream. Heat the thin cream and gradually stir into the yolks and sugar beaten together. Add gelatin first soaked in 2 tablespoons cold water, pour into a double boiler and cook while stirring continuously until thickened. Turn into a bowl and continue to beat until almost cool. When cold add crushed brittle and when the mixture starts to thicken fold in the whipped cream. Pour into a mold first rinsed with cold water and chill several hours before unmolding.

497. Chocolate Custard Sponge

(6 servings)

4 egg yolks, ⅝ cup sugar
1⅛ cups milk, 2 oz. chocolate
2 teaspoons gelatin, water
1⅛ cups thick cream, whipped

Melt the chocolate and add to the beaten yolks and sugar, then follow directions given for orange sponge in recipe No. 495.

498. Sweet Soufflés

Success with sweet soufflés depends upon a few simple rules. Chill all ingredients. Beat whites very stiff just before adding to the other ingredients. Butter the mold well. Allow ample time for the soufflé to rise and regulate the oven carefully. Plan to serve any soufflé as soon as it is removed from the oven. A large soufflé will require about 25-35 minutes at 325° F.

Apricot Soufflé: Cook 6-7 oz. dried apricots and force through a purée strainer. Sweeten to taste and fold in 6 stiffly beaten egg whites. 12-15 chopped almonds may be added. Follow general directions for soufflés.

Prune and Apricot Soufflé: Substitute prune pulp for half the amount of apricot in the preceding recipe.

Apple Soufflé: Cook an apple pulp of 1 qt. apples, 3 tablespoons water and about ⅝ cup sugar and chill thoroughly. Beat 6 egg whites

until stiff, fold in the pulp and 6 tablespoons sugar then follow general directions for soufflés. Serve with cream beaten until thick and flavored with vanilla.

Mixed Fruit Soufflé: Mixed fruit soufflés may be made by using 1¼ cups thick pulp and 6 egg whites with sugar to taste.

499. Cream Soufflé

(6 servings)

4 eggs separated
3½ tablespoons powdered sugar
1⅝ cups thick cream, whipped
½ cup flour, grated lemon rind

Beat the yolks and sugar until light and porous. Pour cream (sweet or sour) over this mixture, dredge with the flour and fold in both at once. When well blended fold in stiffly beaten whites and lemon rind to taste. Pour mixture into a large well buttered baking dish or mold and place in a water bath. Bake in a moderate oven (325° F.) for about 50-60 minutes. The top will split open when the soufflé has about finished baking. Serve at once with a fruit compote. The top may be sprinkled with sugar.

500. Baked Rhubarb Compote

(6 servings)

Clean and, if necessary, peel 2½ lbs. of tender rhubarb stalks. Cut into uniform pieces about 4 inches long and lay in a shallow baking dish. Spread with about 1 cup sugar, cover and bake in a fairly hot oven until tender. Remove carefully to a dessert dish and chill. Serve with small pastries or rich cookies. The rhubarb may also be served with the meat course.

501. Rhubarb Porridge

(6 servings)

Clean and cut about 1½ lbs. rhubarb into small pieces and cook together with 1¼ qts. water until tender. Force through a purée strainer and sweeten to taste. To 4 cups pulp add 6 tablespoons potato flour or cornstarch first mixed with a little cold water. Heat and stir until thickened and clear. Stir a few times while cooling. Serve either hot or cold with thin cream and sponge cake.

Gooseberry Porridge: Clean and cook 1 qt. gooseberries together

with 1¼ qts. water until berries begin to burst, then follow directions for rhubarb porridge thickening with about 5 tablespoons potato flour or cornstarch.

Blueberry Porridge: Clean and cook about 1½ qts. blueberries together with 1 qt. water in a covered pan until berries are well mashed. Strain, sweeten juice and follow directions for rhubarb porridge thickening with 6 tablespoons potato flour or cornstarch. Turn into a dessert bowl and sprinkle the top with sugar. If bottled juice is used combine all cold ingredients, then heat and stir until clear and thickened.

Apple Porridge: Peel and cut 7 or 8 large sour apples into small pieces, cook with about 1 qt. water until soft, sweeten to taste and remove from fire. Stir in 3 tablespoons potato flour or cornstarch blended with a little cold water, then heat and stir until clear and thickened.

Apricot Porridge: Cook about 3½ oz. dried apricots in 1 qt. water until very soft, sweeten to taste, then follow directions for apple porridge.

Plum Porridge: Scald 1 qt. plums and remove skin and pits. Dissolve ½ cup sugar in 1⅜ cups water, add plums and cook until they start to break to pieces. Thicken with 3½ tablespoons cornstarch as directed for rhubarb porridge. Pour into a dessert bowl and sprinkle the top with sugar. Serve hot or cold.

502. Pears à la Anna

(6 servings)

10 medium sized pears, coloring
⅝ cup sugar, 2 cups water
***Sauce:* 2 eggs**
1 teaspoon cornstarch
2 yolks, 1⅝ cups rich milk
1 teaspoon vanilla
***Garnish:* ¾ cup thick cream**
15 almonds, flaked

Peel pears, scrub stems and cook half the pears in a sirup of water and sugar until tender but not broken. Remove pears, add red coloring to sirup and cook remaining pears. Remove pears, cook sirup until thickened and cool.

Prepare a vanilla sauce as directed in recipe No. 314. When cool pour into a deep round platter and set uncolored pears in a circle in the center and around these the red pears. Pour the cold thick sirup over the center pears and chill thoroughly. Just before serving garnish with pyramids of whipped cream and a border of rosettes made with a fluted

pastry tube. Sprinkle with flaked almonds first browned lightly in the oven and cooled.

503. Apples à la Belle Marie

(6 servings)

9 medium sized apples
¾ cup sugar, 2¾ cups water
2 bananas, mashed
***Soufflé:* 3 tablespoons sugar**
1 egg, 1⅜ cups milk
7 tablespoons flour, 3 eggs
***Garnish:* 12 blanched almonds**
2 tablespoons powdered sugar

Pare and core the apples, then cook a few at a time in a sirup of the water and sugar until tender but not broken. Force bananas through a coarse sieve. Set apples in a casserole or baking dish, fill centers with banana pulp and spread tops with remaining pulp.

Beat egg for soufflé, add sugar, flour and milk and cook in a double boiler while beating continuously until thickened. Remove from the fire and beat in yolks one at a time. Chill, add vanilla and fold in beaten whites. Pour the mixture over the apples, sprinkle with coarsely chopped almonds and sugar and bake in a moderate oven about 30-40 minutes or until firm. Serve while hot.

504. Baked Apples in Cream

(6 servings)

Peel and core 12 medium sour apples, roll in 3 tablespoons melted butter, then in sugar and cinnamon and lastly in crumbs. Place the apples in a shallow baking dish, fill centers with sugar and cinnamon, add dabs of butter and bake in a fairly hot oven (400° F.). When the apples have baked about 20 minutes add ½ cup cream and continue to bake until well done. If preferred marzipan may be used as a filling for the apples.

505. Apple Meringue

(6 servings)

Peel and core 6-8 apples, cut in half and cook a few at a time in a sirup (2½ cups water and ¾ cup sugar) until tender but not broken. After removing the fruit cook the sirup until thickened, chill and pour over a sugar cake (recipe No. 616-I). Place the apple halves pyramid fashion on top of the cake. Beat 3 egg whites until stiff and fold in a

scant ½ cup sugar. Force this meringue through a fluted pastry tube to form rosettes or other designs on top of the apples. Bake in a very slow oven (300° F.) until meringue has set and browned slightly. Serve with whipped cream.

506. Baked Apple Dumplings

(6 servings)

Peel and core 9 sour apples and with a fork make deep pricks over the surface. Roll out a pastry dough (recipe No. 75) and cut into 9 inch squares. On each square place an apple. Fill the centers with sugar and cinnamon and add dabs of butter on top. Fold the corners of the dough over the apples, moisten and pinch corners together. Brush the surface with beaten yolk diluted with a little cold water and sprinkle with sugar and 10 finely chopped almonds. Bake in a hot oven (425° F.) for a few minutes then reduce heat (325° F.) and continue to bake until the dumplings are crisp and browned. Serve either hot or cold with or without cream.

507. Swedish Apple Betty

(6 servings)

Peel and cook a sauce of 10-12 large apples with ½ cup water and sugar to taste, then chill. Brown lightly 2 cups bread or rusk crumbs (preferably spiced bread) in 4-5 tablespoons butter. In a well buttered baking dish arrange alternate layers of the apple pulp and crumbs with first and last layers of crumbs. Add a few dabs of butter on top and bake in a moderate oven (350° F.) about 25 minutes. Cool partially, turn onto a serving dish and when thoroughly cold cover with a paper in which a pattern has first been cut and dredge with sugar. Carefully remove paper thus leaving a design on the pudding. Serve with very cold vanilla sauce or with cream.

508. Scandia Apple Pudding

(6 servings)

Peel and cut about 1½ qts. sour apples into thin sections. In a well buttered baking dish arrange a layer of the apple sections, sprinkle with sugar and crumbs and add a few dabs of butter. Fill the dish with alternate layers of apples and crumbs with crumbs on top. Allow about 1½

cups crumbs, 4-5 tablespoons butter and about ¾ cup sugar. Bake in a moderate oven (350° F.) until apples are very tender. Cool and serve in a baking dish together with a vanilla sauce or whipped cream.

509. Norwegian Apple Pudding

(6 servings)

7-8 large apples, ⅜ cup sugar
2 tablespoons butter
⅓ cup water

***Custard:* 3 eggs, 1 cup milk**
3 tablespoons sugar
3 tablespoons flour

Peel and cut the apples into uniform sections, cook in a sirup of the sugar, water and butter until tender but not broken. Place the fruit in a baking dish and set to chill. Combine ingredients for custard and pour over the apple. Bake in a moderate oven (325-350° F.) for 45-50 minutes or until custard has set. To prevent browning too much on top cover with a wax paper. Serve in the baking dish with sugar and whipped cream.

510. Hanna's Apple Cake

(6 servings)

½ cup ground almonds (4½ oz.)
7 tablespoons washed butter
½ cup sugar, juice of 1 lemon

grated rind of ⅓ lemon
2 egg yolks, 3 egg whites
stewed apples, sweetened

Cream the butter and sugar until light and porous, add ground almonds, rind and juice of lemon and yolks one at a time and lastly fold in beaten whites. Pour thick apple sauce into a well buttered baking dish and add the cake mixture on top. Bake in a moderate oven (350-375° F.) for about 20 minutes or until cake is done. Serve hot or cold with cream or with vanilla sauce.

511. Apple Batter Pudding

(6 servings)

6 apples, ⅜ cup sugar
1-2 tablespoons butter
***Batter:* 3 tablespoons butter**
⅝ cup flour, sifted

2 cups rich milk
3-4 tablespoons sugar
3 eggs, salt
grated rind of ½ lemon, sugar

Peel and cut apples into thin sections, cook in butter until tender and

sprinkle with sugar. Melt butter for batter, add flour and stir well while adding gradually the milk. When batter leaves the side of the pan, remove from fire and beat in yolks one at a time. Continue to beat for 15-20 minutes and add sugar, rind and apples. Pour the batter into a baking dish first buttered and dredged with fine crumbs and bake in a moderate oven (350-375° F.) about 40-50 minutes. Cool partially, loosen edges and unmold, dredge with sugar and serve hot.

512. Prune Custard

(6 servings)

7 oz. prunes, cooked and pitted
25 blanched almonds, chopped
3 egg yolks, ½ cup sugar
1⅝ cups thin cream
1 teaspoon vanilla
3 egg whites, beaten

Beat sugar and yolks until light and creamy, add chilled cream gradually and vanilla to taste, then fold in whites. Place a layer of prunes in the bottom of a buttered baking dish, sprinkle with almonds and spread with egg mixture. Set in a water bath and bake in a moderate oven (350° F.) for 30-40 minutes or until custard has set. Serve hot or cold in the baking dish together with whipped cream.

If preferred the prunes may be cut into small pieces and combined with the egg mixture before baking.

513. Marrow Pudding

(6 servings)

3 oz. beef marrow, 1⅛ cups milk
2½ oz. soft white bread
4 candied orange peels, chopped
3 tablespoons sugar
1 oz. dried currants
1 oz. seedless raisins
2 tablespoons cognac, or brandy
3 eggs, beaten, salt

Cut the marrow into small pieces and melt over a slow fire, strain onto a plate, set to harden and chop very fine. Cut the bread into small dice and soak in milk. Wash the currants and if very dry moisten a few minutes in hot water. Combine all ingredients and pour into a buttered pudding dish first dredged with fine crumbs. Bake in a fairly hot oven (375-400° F.) about 50 minutes or until browned and firm. Serve with brandy sauce.

514. Dutch Rice Pudding

(6 servings)

⅜ cup rice, 3½ cups milk
1 teaspoon vanilla
2-3 tablespoons sugar, 1¼ teaspoons gelatin, 1 cup thick cream

Cook the rice in milk until tender, remove to a bowl and chill. Add sugar, vanilla and gelatin first soaked in a little cold water and dissolved over hot water. Carefully fold in beaten cream and pour into a mold first rinsed with cold water. Chill for several hours before unmolding. Serve with raspberry sauce or stewed prunes.

515. Punch Pudding

(6 servings)

Glaze: **1 cup sugar**
3-4 tablespoons hot water
Dough: **½ cup butter**
⅔ cup flour, 1⅝ cups milk
2 tablespoons sugar, 4 eggs
7-8 tablespoons Swedish punch, or other liqueur,
1 cup thick cream

Caramelize the sugar to a light brown, add water and stir until the consistency of a thick sirup. Turn into a ring mold and tip back and forth until inside of mold is coated. Heat milk in the same pan used for caramelizing sugar and pour into saucepan. Mix the flour and butter to a paste, add to the milk while stirring continuously and cook several minutes. Remove from the fire and beat in yolks one at a time. Continue to beat until cooled, then fold in beaten whites, the punch and sugar to taste and turn into the mold. Crease a wax paper over the top, set in a water bath and bake about 50-60 minutes in a moderate oven (350° F.). Remove from oven, allow to stand 5-6 minutes, unmold and pour over it the remaining punch. Serve either hot or cold with whipped cream.

516. Nut Pudding

(6 servings)

4 oz. hazelnuts, ground
2 tablespoons rice flour
2 tablespoons sugar, salt
1⅛ cups thin cream, 3 eggs

Warm nuts in the oven, rub off the brown skin and run through a grinder. Combine sugar, flour, nuts and cream in a saucepan and cook while stirring continuously until well blended. Turn into a bowl to

cool, beat in yolks one at a time and when cold fold in beaten whites. Pour into a buttered pudding dish dredged with sugar and bake in a moderate oven (350-375° F.) for 30-35 minutes. Unmold carefully and serve plain or with raspberry juice slightly thickened with cornstarch.

517. Minerva Pudding

(10-12 servings)

jelly roll, currant jelly
2¼ lbs. apples, 5 large eggs
½ cup sugar, 1 cup thick cream
1 can apricots, peaches, or plums

Prepare a cake for jelly roll as directed in recipe No. 625, spread with currant jelly and roll up from the opposite ends toward the middle. Chill thoroughly and cut into uniform slices. Butter generously a plain ring mold, sprinkle with sugar and place slices of cake around the sides pressing them so that they adhere to the butter.

Peel, cut and cook the apples to a thick sauce, force through a colander and chill. Beat the eggs and sugar together and add to the pulp. Sweeten to taste and pour into the center of the mold. Crease a wax paper over the top, set in a water bath and bake in a fairly hot oven (375-400° F.) for about 45 minutes or until firm. Allow to cool partially before unmolding. Fill the center with whipped cream flavored with vanilla. Around the top lay a circle of halves of peaches, apricots or plums.

For a simpler dessert substitute lady fingers or other cake.

518. Caramel Bread Custard

(6 servings)

1 cup sugar, caramelized
5 tablespoons water
12 slices white bread
3 tablespoons butter
20 blanched almonds, chopped
grated lemon rind
3-4 eggs, 1 cup cream, 1 cup milk
2-3 tablespoons sugar

Cook a caramel sirup and coat a pudding dish as directed in recipe No. 515. Butter the bread on both sides and arrange in layers in the dish at the same time adding rind and almonds between the slices. Beat the eggs, add milk and cream, sweeten to taste and pour over the bread. Prick the bread with a fork so that the custard penetrates the bread, set in a water bath and bake in a moderate oven (350-375° F.)

for about 1 hour or until custard is set. Unmold and serve hot. The mold and saucepan may be rinsed with a little hot water, a bit of cognac added and this sirup poured over the pudding.

519. Caramel Rice Pudding

(6 servings)

¾ cup rice, 4 cups milk
4½ tablespoons sugar, salt
2 tablespoons butter
2-3 egg yolks
6 bitter almonds, or vanilla
2 oz. raisins, (saffron)
2-3 egg whites, beaten stiff
1⅛ cups sugar, caramelized

Cook rice slowly in milk in a tightly covered double boiler until very tender and almost dry. Turn into a bowl, add butter and chill. Beat the yolks and sugar about 10 minutes and add to the rice. Combine with flavorings and raisins and fold in whites. Cook a caramel sirup and coat inside of a pudding mold as directed in recipe No. 515. Fill with the rice mixture, crease a wax paper over the top, set in a water bath and bake in a moderate oven (350° F.) for 40-45 minutes. Allow pudding to stand 5-6 minutes before unmolding. Rinse mold with a little hot water and pour over the pudding. Serve either hot or cold.

The caramel sirup may be omitted and the pudding served with a fruit sauce. To make a rice soufflé omit the yolks and use 4 whites.

520. Steamed Canary Pudding

(6 servings)

Prepare a batter as directed for false brioche in recipe No. 564. Grease a mold with clarified butter, dredge lightly with flour and pour in the batter. Crease a paper over the top, set in a water bath, cover and bake in a fairly hot oven (375-400° F.) for 1¼-1½ hours or until done when tested with a straw. If preferred the pudding may be steamed on top of the stove but water must boil gently. Unmold and serve with hot fruit sauce.

521. Cake Pudding

(6 servings)

6-8 slices sponge or other cake
3 tablespoons raisins
2-3 candied orange peels, or
3 tablespoons raspberry jam
2 eggs, 1⅛ cups whole milk
(2-3 tablespoons cognac, or rum)

Place half of the cake in the bottom of a well buttered pudding mold, spread with raisins and peel cut into fine shreds (or jam), then add rest of cake. Beat eggs, add milk, flavor with cognac if desired and pour into the mold. After soaking a little while bake in a moderate oven (350° F.) for 40-45 minutes or until custard has set. Serve hot in the pudding dish with a cold fruit sauce.

522. Cream Waffles

1⅝ cups thick cream, 1 cup water ‖ 1¼ cups flour, sifted, salt

Beat the cream until very stiff and allow to stand for several minutes. If watery part of the cream collects on the bottom pour this into the cold water. Stir the flour into the water and beat until smooth, add salt and fold in the whipped cream. Bake in a preheated waffle iron slightly buttered. If a Swedish waffle iron is used pour in just enough batter to cover the design, bake on one side and turn to bake on other side to a golden brown. When done divide into sections, sprinkle with sugar and serve at once. Do not lay the waffles on top of each other. Serve with jelly, rich fruit sauce or with sugar.

523. Egg Waffles

2 eggs, ⅝ cup water
1⅓ cups flour, sifted
3 tablespoons melted fat
‖ 1⅛ cups thick cream
grated rind of ½ lemon
¼ teaspoon salt

Beat eggs and water, stir in flour, add cooled fat and carefully fold in beaten cream (sweet or sour) and lemon rind. Bake in waffle iron as directed for cream waffles. Serve at once. These waffles are appropriate for afternoon tea.

524. Cream Munks

2 cups thick cream ‖ ⅜ cup water, 1½ cups flour

Beat cream (sweet or sour) until stiff and add flour and water gradually. Use a little more flour with sour cream. Heat pan slowly (Swedish munkpanna), rub with soft paper and butter slightly. Pour a spoonful of batter in each hole and when partially cooked turn quickly with

a fork and brown on other side. Serve hot in same manner as waffles or pancakes.

525. Maria Cakes

(6 servings)

1⅛ cups thick cream
4 eggs, separated
⅝ cup flour, sifted
jam, marmalade, jelly

Beat the cream, add beaten yolks and flour and when well blended fold in beaten whites. Pour spoonsful of batter into a buttered griddle pan (Swedish) and cook until golden brown. Keep the batter cold until all the cakes have been cooked. Lay the cakes in tiers of three with a filling of jam or marmalade. Garnish with currant jelly forced through a pastry or paper tube. Serve while hot.

526. Swedish Pancakes—*Plättar*

(6 servings)

2 eggs, 1¼ teaspoons salt
1 tablespoon sugar
4 cups milk
1⅜ cups flour, sifted

Beat eggs, salt and sugar and add alternately the milk and flour. Allow to stand for 1-2 hours in a cool place. Heat slowly a Swedish griddle pan and butter slightly. Beat the batter again and pour by spoonsful into the depressions in the iron. When browned remove to a hot plate and serve at once. These griddle cakes may be cooked on a plain griddle iron in larger size cakes if so desired. A little more flour may then be needed so that the batter will run out into round cakes. They should be very thin when done.

Apple Griddle Cakes: Prepare batter as directed in preceding recipe. Peel, core and cut into thin slices 8-10 apples, sprinkle with sugar, pile on a plate and allow to stand a little while to sweeten. Heat a Swedish griddle iron slowly and butter slightly, pour a spoonful of batter into each depression, add a slice of apple and another spoonful of batter. When browned turn and brown on other side. Sprinkle with sugar and serve hot.

527. Griddle Layer Cake

(6 servings)

3 eggs, 1 teaspoon salt
3 teaspoons sugar, 4 cups milk
1½-1⅝ cups flour, sifted
1⅝ cups cream, butter, jam

Beat eggs, add sugar, salt and about 1 cup milk, sift in flour and beat until smooth. Add remaining milk and set in a cool place for several hours so that flour may swell. Heat griddle iron slowly, grease slightly and bake batter in large round griddle cakes. Keep the batter well stirred up from the bottom. Place several cakes on top of each other with alternate filling of whipped cream and raspberry jam. Spread cream over the top, garnish with jam and serve at once.

If preferred the batter may be baked as 2 large cakes in a fairly hot oven for 20-25 minutes.

Baked Apple Pancakes: Peel, core and cut 4 or 5 apples into thin slices, cook in about 2 tablespoons butter until tender, then add sugar to sweeten. Prepare a batter as directed in the preceding recipe but double amount of sugar and add 2 tablespoons melted fat. Combine apples and batter, turn into 2 shallow frying pans and bake in a moderate oven (350° F.) until done through and browned. Turn onto a platter, sprinkle with sugar and serve at once.

528. Ruth's French Pancakes

(6 servings)

6 tablespoons butter
4 tablespoons sugar
3 eggs, ¾ cup flour, sifted
1⅞ cups lukewarm milk, jam

Cream butter, add sugar and cream for about 10 minutes. Add eggs one at a time, sift in flour gradually, add milk and allow batter to stand for at least 1 hour. Turn into a round buttered cake tins, and bake in a moderate oven (350° F.) until done through and golden brown. When done place in layers with a filling of jelly or jam. Sprinkle with sugar and serve at once.

529. Rolled Finnish Pancake

(6 servings)

⅔ cup butter, or margarin
1⅝ cups flour, 2 cups milk
2½ tablespoons sugar
3 eggs, 2 egg whites
about 1 cup jelly
¾ cup thick cream

Melt fat, add milk, sift in the flour and beat until smooth. Cook 8-10 minutes and turn into a bowl to cool. Stir again while cooling. Prepare a paper as directed for jelly roll (recipe No. 624) and place on a

baking sheet or in a shallow long baking pan. Beat sugar and egg yolks and stir into the batter and when thoroughly cold fold in the whites beaten very stiff. Spread out on the paper to a thickness of about ⅜ inches and bake in a fairly hot oven 25-30 minutes or until risen and browned. Turn onto a paper lightly dredged with sugar, spread with jelly and roll up lengthwise. Cut into thick slices, garnish with whipped cream and serve at once.

530. Russian Griddle Cakes

(6 servings)

7 tablespoons butter
1⅛ cups flour, 1¾ cups hot water
⅛ cup sugar, 6 eggs, separated
1⅜ cups thick cream, salt

Melt butter, add flour, mix to a paste and gradually add milk, continuing to stir until mixture leaves the side of the pan. Remove from the fire and add yolks one at a time, sugar, cream and lastly beaten whites. Cook on a hot griddle pan over a rather slow fire or bake in the oven as directed in recipe No. 528. Do not turn during cooking. Serve at once dredged with sugar or with a cold fruit sauce.

531. Pork Pan Cake

(6-8 servings)

3-4 eggs, 4 cups milk
⅜ cup water, 1⅛ cups flour
3-4 egg whites, beaten
½ lb. slightly salted pork

Beat yolks well, add half of milk and sift in flour and when smooth allow to stand for a couple of hours. Beat until porous, add rest of milk and water a little at a time, fold in whites and add cooked diced pork. To prepare pork cut into very small dice, fry fat pieces first until half done, add lean pieces and cook until well done but not hard. Pour a little of the pork fat into an omelet pan or large shallow baking pan, add batter, spread evenly with the diced pork and bake in a fairly hot oven about 20-25 minutes or until set and browned. When done cut into sections and serve hot together with a crisp salad.

532. Fritter Batter

(6 servings)

¾ cup bread flour, salt
⅜ cup water, 1 egg

Sift dry ingredients, add beaten egg and milk and beat until batter is smooth. Vary flour if necessary to give right consistency.

533. Clotted Milk

(12 servings)

2 qts. raw milk, 2 eggs
1 pt. rich milk, or cream
25-30 almonds, blanched
5 bitter almonds, blanched
8-10 tablespoons sugar, salt
2 teaspoons cinnamon, 10 cardamom

Beat together raw milk, cream, eggs, almonds and flavorings. Pour a few tablespoons into a small saucepan and heat over a very slow fire to set but do not cook. If the milk becomes too stiff dilute with whole milk and if too thin add more raw milk (or an egg). Turn into a crock with a cover, set in a water bath deep enough so that the water reaches higher than the milk in the crock and cook until thickened or set throughout. Avoid too long cooking as the milk may then separate. Chill thoroughly, cut into slices and serve with whole milk, sugar and cinnamon, or arrange alternately with a filling of raspberry or currant jelly and garnish with whipped cream and jelly or with a cinnamon sauce (recipe No. 315).

Breads, Cakes and Cookies

534. Use of Yeasts

Bread recipes included in this chapter call for in most instances the quick process with compressed yeast. When dry yeast is used it is suggested that the over-night process be followed. Break the dry yeast into small pieces and soften in a little of the lukewarm liquid. Combine with the other ingredients after the same method as given for compressed yeast. Set a straight dough at night with all ingredients except those which are to be used for filling, rolling or glazing. Cover the dough and set in a warm place (70-75° F.) over-night. In the morning when double in bulk knead again and proceed as directed in the individual recipe.

535. White Bread

(4 loaves)

1 tablespoon fat, 2 cups milk
7 cups flour (approximately)
1 teaspoon sugar, 1 yeast cake
⅝ cup butter, or fat
½ cup sugar, 1 teaspoon salt
Glazing: egg, or milk, sugar

Melt fat, add milk and heat until lukewarm. Stir milk into part of the flour preferably with a wooden spoon. Mix sugar and yeast and combine with the dough. Add more flour and knead until smooth and firm. Cover with a cloth and set to rise in a warm place free from draft. When double in bulk add the sugar and fat creamed together and sufficient flour to give right firmness to the dough.

The dough may be set to rise a second time or it may be shaped into loaves or rolls and then set to rise until double in bulk and baked. In either case before shaping turn onto a floured board and knead until smooth and firm. Place in a greased baking pan and when risen bake in a moderate oven (375° F.).

For a richer bread more sugar and butter may be added, also other ingredients such as spices, cardamom seeds, almonds, raisins, citron or candied orange peel.

536. Sister Buns

(30 buns)

1½ tablespoons fat, 1 cup milk
1 teaspoon sugar, 1 yeast cake
3 cups flour (approximately)
⅓ cup butter, or margarin
3 tablespoons sugar
salt
2 teaspoons cardamom seeds, ground
Coating: 3 tablespoons butter
1½ tablespoons almonds, ground
4 tablespoons sugar
3 large candied orange peels

Set a dough by the method given for white bread and allow to rise until double in bulk. Add sugar, creamed butter and cardamom seeds then work the dough with a wooden spoon until firm and smooth enough to knead. Turn onto a board and knead until elastic. Roll into oblong pieces and cut each of these into small pieces of uniform size. Make an indentation in each and fill with chopped orange peel, shape into round buns and roll in melted butter then in a mixture of sugar and almonds. Place the buns in a well greased pan, cover with a cloth and set to rise until light and porous. Bake in a moderate oven

(375-400° F.) for about 20 minutes. The buns should be laid close enough so that they touch when baked.

537. Swedish Vienna Bread

(28-30 rolls)

1 yeast cake, 6 teaspoons sugar
1 egg, beaten, 1 cup milk (scant)
3 cups flour (approximately)
1 cup butter, or margarin

***Coating:* 1 egg**
***Glazing:* ¾ cup powdered sugar**
1½ tablespoons water
3 tablespoons candied orange peel

Stir the yeast and sugar together, add milk and egg, beat well and gradually add the flour while working the dough until smooth and elastic. Turn unto a floured board, knead and roll out to a square about ½ inch thick. Roll the fat between two pieces of heavy wax paper and place on the center of the dough. Turn the edges of the dough over the fat to entirely cover it, then turn one end of the dough over and one end under forming three layers in all. Roll again being careful to roll in one direction only. Fold again in three layers, turn the dough at right angles to the first rolling and roll once again in one direction only. Repeat this process three times the last time rolling the dough to a thickness of about ⅜ inch. Cut into 4 inch squares, turn the corners in to the center and press down. Place the squares on a slightly greased baking sheet to rise slowly for about 2 hours at a temperature cool enough to keep the fat from melting. When risen brush with beaten egg and bake in a fairly hot oven (475° F.) for about 12 minutes or until golden brown. When cold glaze with a mixture of powdered sugar, water and chopped orange peel.

Vienna Horns: To the preceding recipe add 1 tablespoon sugar and ½ egg. Follow the same directions and when the dough is rolled out the last time divide it into two long strips about 4 inches wide and spread with a filling made from ¼ cup seedless raisins, 2 tablespoons ground almonds and 4 large pieces candied orange peel finely chopped. Press the filling down into dough, turn edges of dough in about ½ inch and press down, place on a slightly greased baking sheet and form into crescent shapes. Set to rise, brush with beaten egg and bake as directed for Vienna bread. When cold spread with an icing of ½ cup powdered sugar and 1½ tablespoons water.

538. Vanilla Rolls

2 tablespoons fat, 1 cup milk
1 yeast cake, 1 teaspoon sugar
3½ cups flour (approximately)
⅓ cup butter, or margarin
6 tablespoons sugar
1 egg, or 2 yolks
1 teaspoon baking powder
Filling: 2 tablespoons flour
¾ cup milk, 2 yolks
2 tablespoons sugar, salt
1 teaspoon vanilla
Coating: butter, sugar

Melt fat, add milk, heat until lukewarm and stir in part of the flour. Stir yeast and sugar together and add to the dough. Add more flour and knead until smooth and elastic, then set to rise in a warm place until double in bulk. Beat sugar, egg and fat until light and porous, then add to the dough. Sift baking powder with part of the flour and knead into the dough. When firm but not hard turn the dough onto a floured board, roll out to about ⅜ inch thickness and cut into small round biscuits. On the centers of half of the biscuits place a spoonful of filling, brush edges with egg white, cover with remaining biscuits and press edges together. Set to rise on a greased baking sheet until light and bake in a fairly hot oven (425° F.). Brush with melted butter and sprinkle with sugar as soon as the rolls are removed from the oven.

To make the vanilla filling beat together yolks and sugar, add flour and stir until smooth. Cook in a double boiler while adding the milk gradually until thickened. Remove from fire and stir a few times while cooling. Add vanilla to taste.

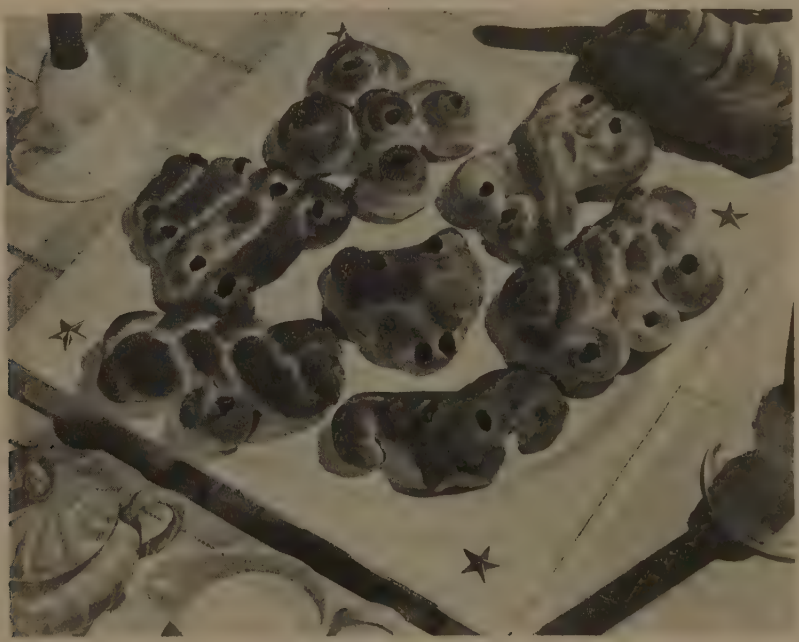
Instead of baking these rolls may be fried in deep fat. The temperature should be low enough so that rolls become thoroughly cooked (370° F.). Roll in sugar and serve while hot.

539. Saffron Bread

2 cups lukewarm milk
7 cups flour (approximately)
2 yeast cakes, 2 tablespoons sugar
1 cup fat, ⅞ cup sugar
⅛ teaspoon saffron, salt
1½ tablespoons ground almonds
½ cup seedless raisins, 1 egg
(5 bitter almonds, ground)
Coating: 1 egg, beaten
15 blanched almonds, sugar

Add part of the flour to the milk, stir well with a wooden spoon, add yeast first blended with sugar and enough flour to give a smooth and

elastic dough. Cover and set to rise until double in bulk. Dissolve the saffron in a little warm milk and add to the dough together with creamed fat and sugar, beaten egg, raisins and almonds. Turn onto a lightly floured board and shape into rolls or loaves. Place in a greased pan and set to rise again. Brush with beaten egg and sprinkle with chopped almonds and sugar. Bake in a fairly hot oven (400° F.) about 20 minutes. For small rolls the oven may be somewhat hotter.



Swedish Christmas Breads

540. Yeast Muffins

(15-16 muffins)

½ yeast cake, 1 teaspoon sugar
2 cups flour, ⅓ cup fat
2 tablespoons sugar, salt
2 small eggs, ⅔ cup rich milk

Stir the yeast and 1 teaspoon sugar until well blended. Cut the fat (butter or margarin) into the flour, add sugar, beaten egg and yeast. Beat with a wooden spoon until smooth. Fill well greased muffin tins half full of dough and set to rise about 1½ hours or until light. Bake in

a moderate oven (375° F.) for about 15 minutes. Remove from tins, cool slightly and cut in two crosswise. Spread with a little butter and place halves together again. If preferred use part or all jelly as a spread. Place in a folded napkin and serve while hot.

541. Almond Buns

(10 buns)

1 cup lukewarm milk, ½ yeast cake
3 cups flour (approximately)
1 egg or 2 yolks, ⅜ cup butter
6 tablespoons sugar
20-30 almonds, 6 bitter almonds
10 cardamom seeds, ground
2 teaspoons cinnamon
***Coating:* 1 egg, beaten**
***Filling:* 3½ oz. almonds, ground**
3 bitter almonds, ground
⅞ cup powdered sugar
1 egg white, ¾ cup thick cream

Set the dough after method given for white bread, set to rise until double in bulk and add beaten egg, sugar, coarsely chopped almonds, finely shredded bitter almonds, cardamom, cinnamon and butter. Knead until dough leaves the side of the bowl adding flour as needed. Set to rise again and when double in bulk knead once more until smooth and elastic. Turn onto a floured board and knead until firm but not hard. Shape into small round rolls and place on a baking sheet to rise. Brush with egg, bake in a fairly hot oven (400° F.) and cool slowly to keep surface from shrinking.

Grind almonds for the filling, add sugar gradually and stir until smooth. Thin with a little cream if necessary. Cut tops off the rolls, spread with filling, add a spoonful of whipped cream and replace tops. Dust with powdered sugar and serve at once.

In Sweden these rolls are served with hot or cold milk flavored with sugar and cinnamon.

542. Tea Cakes

(4-5 cakes)

2 tablespoons fat, 2 cups milk
1 yeast cake, 1 tablespoon sugar
6 cups flour (approximately), salt
⅓ cup butter, or fat, ¼ cup sugar

Set a dough after the method given in recipe for white bread. Set to rise until double in bulk, add creamed butter and sugar and enough flour to give a stiff dough. Turn onto a floured board and con-

tinue to knead until dough is smooth and elastic. Divide dough into four or five parts and shape each into a round loaf. Roll to a thickness of about ½ inch and notch edges with scissors. Place on a greased baking sheet, cover with a light cloth, set to rise until double in bulk, then brush with egg and bake in a hot oven (400° F.).

When to be served cut into triangular pieces and serve with butter and marmalade. If preferred the dough can be cut into individual tea cakes before baking.

This dough may also be baked as thin crisp bread wafers. Roll the dough very thin and cut into 8-10 pieces, set to rise and bake until golden brown in a slow oven so that the wafers become crisp and dry.

543. Round Rusks

(160 rusks)

2 tablespoons fat
2 cups milk, ½ teaspoon salt
1 yeast cake, ½ teaspoon sugar
8 cups flour (approximately)
⅔ cup margarin, or fat
½ cup sugar

Add milk to melted fat and heat until lukewarm, add part of the flour and mix well with a wooden spoon. Dissolve yeast with sugar in a little warm water, add to the dough and beat until smooth. Add salt and more flour until dough is firm. Cover with a damp cloth and set to rise until double in bulk. Add creamed fat and sugar, and knead until sufficiently firm to turn onto a floured board and finish kneading. Dough for rusks must be somewhat firmer than for other white bread. Divide the dough into three or four parts and roll each into uniform lengths. Cut into small pieces of equal size and shape into small buns. The surface must be perfectly smooth. Place on a lightly greased baking sheet, leaving sufficient space between so that the buns will not touch each other when done. Cover with a light cloth and set to rise until light. Too much or too little rising will give a poor texture to the rusks.

Bake in a moderately hot oven (375-400° F.) and when done brush with hot water to give a gloss to the surface. Remove to a cloth to cool. When thoroughly cold cut each bun in two and set the halves at a slant in a baking pan. Dry out and brown lightly in a slow oven. To allow for evaporation open oven ventilator or leave door slightly

ajar. The rusks may be turned about once or twice to insure uniform drying and browning.

544. Rose Rolls

(50 rolls)

2 tablespoons fat
6 cups flour (approximately)
5 tablespoons butter, or margarin
2 cups milk, 1 yeast cake
4 tablespoons sugar, salt
***Coating:* 1 egg, poppy seeds**

Set dough after method given for white bread and set to rise until double in bulk. Cream fat and sugar, add to dough and knead until smooth and elastic. Turn onto a floured board, finish kneading and shape into large rolls. Set to rise again. Carefully cut a cross on top of each roll, brush with egg and sprinkle with poppy seeds. Bake in a fairly hot oven (400° F.) for about 12 minutes. If preferred, the dough may be shaped into small oblong rolls and three short gashes cut across the top of each.

545. Rye Rusks

(125 rusks)

3 tablespoons fat, salt
2 cups milk, 3 cups rye flour
1 yeast cake, 3 teaspoons sugar
⅔ cup margarin, ¾ cup brown sugar, 3-4 Seville orange peels
flour enough for stiff dough

Set a dough after method given for round rusks, knead and set to rise until double in bulk. Cook the orange peels in water until soft and chop very fine. Add peel together with creamed fat and sugar to the dough and knead, adding more flour as needed. Divide dough into four parts, roll each into a long strip and place in a parallel row on a long baking sheet. Set to rise until light and porous, bake in a fairly hot oven (375-400° F.) and when done brush with hot water.

When thoroughly cold cut the strips apart being careful not to break the crust. With a sharp knife cut each strip into slices about ½-¾ inch thick. Place slices at a slant in overlapping rows in a baking pan and set to dry and brown lightly in a slow oven as described for round rusks.

Medevi Rusks: Omit rye flour in the recipe for rye rusks and add with the peel to the dough ½ tablespoon finely crushed fennel, other-

wise follow same directions. Shape like small French breads and bake in same way as rye rusks. When thoroughly cold cut into fourths lengthwise. Score the top of each with three or four cuts. Dry in the same manner as described for round rusks.

Graham Rusks: (110 rusks) Substitute Graham flour for rye flour in rye rusks, use ⅜ cup fat and omit the orange peel. Set a dough and follow directions given for rye rusks. Shape into small oblong rolls and bake as directed for other rusks. The rolls should not touch each other when done. When cold cut in two, lengthwise, score lightly and dry and brown as directed for round rusks.

546. Dinner Rolls

(30 rolls)

1 tablespoon butter, or margarin
2¼ cups flour (approximately)
½ yeast cake, 1 teaspoon sugar
½ teaspoon salt, ¾ cup milk
(2-3 cardamom seeds) (caraway)
1 tablespoon coarse salt

Cut fat into the flour. Blend yeast and sugar, combine with cold milk, then add to the flour together with the crushed cardamom seeds. Knead until firm and elastic and shape into small finger shaped rolls about 3 inches long. Score the tops with two or three gashes, brush with milk, sprinkle with salt and caraway seeds then set to rise until light and porous. Bake in a fairly hot oven (425° F.) for about 10 minutes or until a light golden brown. Serve while hot as dinner rolls.

547. White Sandwich Bread

1 tablespoon fat
1 cup milk, or water
3 cups flour (approximately)
½ yeast cake, 1 teaspoon sugar
3 tablespoons fat, 1 teaspoon salt
2 tablespoons sugar

Set a dough after method given for white bread. When risen to double in bulk add creamed fat and sugar. Knead and shape or if preferred set to rise a second time before shaping. Shape into a long loaf, place in a long bread pan and when risen bake in a moderately hot oven (375-400° F.) 35-40 minutes. When done, brush with hot water and wrap in a cloth to cool before slicing.

548. Orange Rye Bread—*Limpor*

(5 loaves)

1 qt. milk (slightly sour)
2 yeast cakes
2 tablespoons sugar
3 cups flour (approximately), salt
10-11 cups rye flour (approximately)
2 cups sirup, or molasses
6-8 Seville orange peels

Pour lukewarm milk onto rye flour mixed with enough bread flour to give a soft dough. Blend yeast with sugar and add to the dough. Add flour and knead until dough is smooth and elastic, then set to rise in a warm place until double in bulk. Cook the orange peel in water until soft, warm the sirup slightly and add both peel and sirup to the dough. Knead the dough until very firm, adding more flour if needed. Set to rise again. Turn onto a floured board and knead, then divide into five parts and shape into long narrow loaves. Place the loaves on a well floured cloth, separating them with folds of the cloth and set to rise. Carefully remove the loaves to a bread pan, brush with warm water and place in a slow oven (350° F.). After 20 minutes raise the temperature (375-400° F.) and bake about a half hour in all. When done brush with hot water and place in a cloth to keep the crusts soft.

To be successful this bread should be kneaded to a very firm consistency and baked slowly.

549. Rye Bread—*Limpor*

(4 loaves)

1 qt. water, 2 yeast cakes
7 cups rye flour
8-9 cups flour (approximately)
1 tablespoon salt, ¼ cup fat
2 tablespoons caraway seeds
2 tablespoons fennel, ground

Pour lukewarm water over part of the rye flour and stir well. Dissolve the yeast in a little of the lukewarm water and add to the dough. Gradually add the remaining rye flour while working with a wooden spoon until smooth and elastic. Sprinkle a little flour over the dough, cover with a cloth and set to rise until double in bulk. Cool melted fat and add together with fennel and caraway seeds to the dough. Add flour as needed and knead until dough is firm and elastic. If time permits, set the dough to rise again as this improves the bread. Turn onto floured board, knead and shape into four oblong loaves. Place on a

floured cloth to rise but not until double in bulk as the loaves are then apt to split when baked. Bake in a moderate oven (375° F.) about 25-30 minutes. Brush with water two or three times during baking and when done wrap in a cloth to cool. If kept in a cool place in a good bread box this bread will remain fresh for many days.

550. Rye Sandwich Bread

1¼ cups milk, ⅝ cup molasses
2 tablespoons fat, 2 yeast cakes
4 cups coarse rye meal, salt
1 cup flour (approximately)
1½ tablespoons vinegar
3 Seville orange peels

Combine milk, fat and molasses and heat until lukewarm. Dissolve yeast in a little lukewarm water. Mix the rye meal and part of the bread flour, add liquid and work with a wooden spoon, then add yeast, vinegar and chopped orange peel first cooked in water until soft. Knead until smooth and elastic, shape into a long loaf, place in a narrow bread pan and set to rise. When not quite double in bulk set in a moderate oven (350° F.) and bake about 1½ hours. When baked wrap in a cloth to keep the crust soft.

If sour milk is used the vinegar may be omitted.

551. Christmas Bread—*Vörtlimpor*

(6 loaves)

2 cups whole milk
4 cups flour (approximately)
1 yeast cake, 1 teaspoon sugar
2 cups diluted malt extract
1 yeast cake
rye flour
2 cups molasses, salt
8 Seville orange peels

Set a sponge in the evening of the milk, flour and yeast first blended with sugar, cover and set to rise over-night. In the morning add the lukewarm malt extract mixed with the second yeast cake and enough rye flour to make a stiff dough then set to rise again. Cook the orange peel in water and chop very fine, add molasses and heat until lukewarm, then combine with dough. Knead in a bowl, adding rye flour enough to give a very firm dough and set to rise again. Turn onto a floured board and knead thoroughly until firm and elastic using more flour as needed. Divide dough into six to eight parts and shape into uniform long loaves. If the oven is too small to bake all the loaves at

once shape half the dough into loaves and let rest of dough stand half an hour before shaping.

Place the loaves on a floured cloth with folds of the cloth separating them. Set to rise but avoid such long rising that the loaves split on top. Turn the loaves bottom side up in bread pans and score with three or four gashes down the center. Set the bread in a moderate oven (350° F.), bake 10 minutes and raise temperature slightly (375° F.). Bake in all about 45 minutes. Toward the last of the baking brush loaves a couple of times with hot water. When done wrap in a cloth to keep the crust soft. In a good bread jar this rye bread will remain fresh for two or three weeks.

552. Round Rye Bread

(6-7 loaves)

1 qt. milk, 6 cups rye flour
6 cups flour (approximately)
2 yeast cakes, (¼ cup molasses)
3 tablespoons fat, ½ teaspoon salt
1 tablespoon fennel, ground
1 tablespoon annis

Pour the lukewarm milk over the rye flour and stir until well mixed. Dissolve yeast in a little warm milk, add to the dough and knead until smooth and elastic, adding more flour as needed. Cover and set to rise until double in bulk. Add melted fat, spices and more flour to give a firm dough. Turn onto a floured board, knead and shape into six round loaves. Flatten out the loaves to about ½ inch thickness and with a round cutter make a hole in the middle of each loaf. Cover and set to rise again. Bake in a moderately hot oven (400° F.) for about 15 minutes. Brush with hot water before removing from the oven.

553. Swedish Rye Bread

2 cups water, 1½ cups beer
⅔ cup molasses, 1 yeast cake
5 cups coarse rye meal, salt
6 cups flour (approximately)

Combine water, beer and molasses and heat until lukewarm. Blend the yeast with a little lukewarm water and add. Stir the warm liquids into the rye meal and most of the flour first mixed together. Work with a wooden spoon until firm and elastic enough to turn onto a floured board. Knead, adding more flour as needed, spread in an oblong bread pan, cover and set to rise. Bake in a slow oven (350° F.)

about 1 hour. When done brush with hot water and wrap in a cloth to keep the crust soft.

554. Blood Bread—*Paltbröd*

(9 loaves)

1 qt. blood, 2 yeast cakes
2 cups weak malt
2 tablespoons salt
1½ teaspoons each of cloves, allspice and ginger
coarse rye meal

Strain the blood and combine with rye meal to form a soft dough. Heat the malt until lukewarm and add to the dough, then add yeast first mixed with a little lukewarm liquid, spices and flour enough to give a firm dough. Cover and set to rise until double in bulk. Knead and divide into nine parts, shape into round loaves, score the tops and set to rise again. Bake in a moderate oven (375° F.) and when done brush with hot water.

When loaves are thoroughly cold cut into uniform slices or pieces, set at a slant in a shallow baking pan and dry in a very slow oven. When thoroughly dried store in a heavy canvas or thick paper bag in a dry place. To prepare the blood bread for serving refer to recipe No. 437.

Cakes and Crackers

555. Sultana Cake

1 cup butter, washed
1 cup sugar, 3 eggs, salt
⅔ cup seedless raisins
2 oz. candied orange peel, diced
1 oz. citron, diced, 2 cups flour
(2 oz. blanched almonds, chopped)

Cream butter, add sugar gradually and cream until light and porous. Add one egg at a time and continue to stir, then add gradually sifted flour and lastly the nuts and fruit first dredged with a little flour. Butter an angel food tin, sprinkle with fine crumbs and pour in the cake batter. Bake in a moderate oven (325° F.) for about 1 hour. To avoid browning too much on top cover with a wax paper which may be removed after the first 15 minutes.

Invert over a cake stand and cool slowly. When cold wrap in a cloth and place in a cake box. Do not cut until at least a day old. This cake

will keep well for many days if stored in a good box. Serve as an accompaniment to afternoon tea.

Caraway Cake: Omit the raisins, orange peel and almonds in the recipe for Sultana cake and add instead 3-4 tablespoons caraway seed.

556. Bergman's Sand Cake

1 cup butter, washed
1¼ cups potato flour
1 teaspoon baking powder
3 eggs
1 cup sugar, salt
3 tablespoons cognac, or brandy

Cream the butter and add sifted flour and baking powder gradually while creaming until light and porous. Beat eggs and sugar until thick and smooth, set over hot water and cook while beating continuously until thickened. Add egg mixture gradually to the butter mixture, stir vigorously while adding cognac a little at a time. Grease an angel cake tin, sprinkle with fine crumbs and pour in the batter. Bake in a moderate oven (350° F.) for 30-40 minutes. If the cake starts to brown too fast lay a wax paper over the top. If kept in a tight box this cake will remain fresh for many days.

557. Marble Cake

⅞ cup butter, 1¼ cups sugar
3 eggs, separated
5 tablespoons milk, or cream
2⅛ cups flour, rind of ½ lemon
1 teaspoon baking powder
1½ tablespoons cocoa, salt

Cream butter, add sugar gradually then egg yolks and stir well. Add alternately sifted dry ingredients and liquid. Divide batter into two parts. To one part add the cocoa and to the other the grated lemon rind. Fold half of the beaten whites into each batter. Grease a deep square or round cake pan, sprinkle with fine crumbs and pour in the two batters in alternate layers so as to give a marbled effect. Carefully move the batter about here and there with a large fork but do not stir. Bake in a moderate oven (350° F.) for about 50 minutes.

558. Kerstin's Coffee Cake

3 eggs, 1¼ cups sugar (scant)
⅝ cup melted butter
1¼ cups flour, sifted, salt
10-15 blanched almonds, flaked

Beat eggs and add sugar gradually then cooled butter and lastly the flour. Beat until smooth and turn into a shallow cake pan first greased and dredged with flour. Spread the top with almonds and bake in a moderate oven (375° F.) for about 20 minutes. If preferred this cake may be baked in a loaf pan but in that case add 1½ teaspoons baking powder to the recipe.

559. Karin's Shortbread

¾ cup butter, washed
¾ cup sugar, 4 egg yolks
1 teaspoon baking powder
½ tablespoon cinnamon, salt
6-8 bitter almonds, grated
1½ cups flour, 3 egg whites
***Garnish:* 2 oz. Sultana raisins**
1 oz. blanched almonds

Cream butter adding sugar gradually, combine with beaten yolks and continue to beat until lemon colored. Add bitter almonds and sifted dry ingredients, then fold in one-half of beaten whites. Grease a torte mold, dredge with fine crumbs and pour in the batter. Spread the top with the rest of the whites, raisins and flaked almonds. Bake in a fairly slow oven (325° F.) for about 45-50 minutes. To prevent top from browning too much cover with a wax paper.

560. White Almond Cake

7 egg whites, 1 cup sugar
⅔ cup flour, including
1 tablespoon potato flour
½ cup butter, rind of ½ lemon
1 tablespoon butter
2 oz. finely chopped almonds

Beat egg whites until very stiff, carefully fold in sugar and then sifted flour. Do not stir more than necessary. Melt butter and cool, then add to the batter. Butter a loaf cake tin and dredge with almonds, carefully pour in the batter without disturbing the almonds and bake in a very slow oven (300-325° F.) for about 40 minutes. Serve with fruit sauces or ice cream.

561. Maja's Fig Cake

2 eggs, 1 egg white
⅞ cup sugar, 1 cup flour (scant)
1 teaspoon baking powder, salt
½ lb. seedless raisins (scant)
½ lb. chopped figs (scant)
¼ lb. shredded almonds (scant)

Beat yolks and 1 white together, gradually add the sugar and beat until lemon colored and porous. Add sifted dry ingredients and when well mixed, fold in beaten whites and carefully add slightly floured fruit and nuts. Pour the batter into a buttered loaf pan dredged with fine crumbs. Bake in a slow oven (325° F.) about 1½ hours or until thoroughly done.

Cool the cake partially before turning out of the pan. When cold wrap in a cloth and keep in a tight box for several days before cutting. This cake resembles fruit cake and may be served in the same way.

562. Raisin Coffee Ring

⅜ cup butter, or margarin
¼ cup sugar, 1 egg
(6 cardamon seeds, crushed)
2 oz. seedless raisins
2 tablespoons chopped citron, or
2 tablespoons candied orange peel
5 tablespoons cream (sour)
2⅛ cups flour, sifted, salt
3 teaspoons baking powder
¼ teaspoon soda

Cream butter and add gradually the sugar until mixture is light and porous. Add egg, cardamon and fruit lightly dredged in flour, then alternately cream and sifted dry ingredients. Do not stir the dough more than necessary. With two large spoons lay the dough by spoonsful in the shape of a wreath on a well greased baking sheet. Brush dough with beaten egg and sprinkle with sugar. Bake in a moderately hot oven (425° F.) for about 20 minutes.

563. Economy Gingerbread

(20-25 slices)

1¼ cups brown sugar, ⅔ cup milk
1 oz. chopped almonds
1 teaspoon cinnamon
¾ teaspoon ground cloves
1½ teaspoons ginger
1½ tablespoons melted butter
1 egg, beaten
1¼ cups flour, sifted
½ teaspoon soda, salt
1 teaspoon baking powder

Add sugar to milk and when dissolved add almonds, butter and egg, then sifted dry ingredients and stir until well mixed. Pour into a buttered shallow cake pan dredged with fine crumbs. Bake in a moderate oven (350° F.) for about 45 minutes.

564. False Brioche

2-3 eggs, 1¼ cups sugar
1¾ cups flour, sifted
1½ teaspoons baking powder
⅝ cup whole milk (sour)
¼ teaspoon soda, ⅝ cup butter
rind of ½ lemon, grated

Gradually add the sugar to the beaten egg and beat for 12-15 minutes. Add alternately the sifted dry ingredients and milk, then the lemon rind and butter first melted and cooled. Grease well small brioche or muffin tins and half fill with batter. Bake in a moderate to hot oven (400° F.) for about 15 minutes. If preferred bake in a large pan in a moderate oven (375° F.) for about 35-40 minutes. In that case increase the flour about ¼ cup. When done allow to stand a few minutes before turning out of the pan and serving.

565. Sunday Cake

2 eggs, 1¼ cups sugar
5 tablespoons butter, or margarin
2 oz. blanched almonds, chopped
5 bitter almonds, chopped
2½ oz. sultana raisins, chopped
2 oz. candied orange peel, chopped
⅝ cup thin cream, 2 cups flour
2 teaspoons baking powder, salt

Combine and bake for about 45 minutes as directed for false brioche.

566. Rich Soft Spice Cake

1¾ cups brown sugar, 2 eggs
2 teaspoons cinnamon
1 teaspoon ground cardamon
⅔ cup thick cream (sour)
7 tablespoons butter, melted
1⅔ cups flour, sifted
1 teaspoon baking powder
½ teaspoon soda, ¼ teaspoon salt

Add sugar gradually to the eggs and beat until creamy and porous. Add cooled butter, then alternately the cream and sifted dry ingredients. Beat until smooth and turn into a buttered shallow cake pan first dredged with fine crumbs. Bake in a moderate oven (350° F.) for about 50 minutes.

567. Quick Almond Tea Cake

½ cup butter, ½ cup sugar
2 eggs, beaten
1 teaspoon cinnamon
10 cardamon seeds, crushed

1⅞ cups flour, sifted
1 teaspoon baking powder, salt
Coating: **1 tablespoon sugar**
15 blanched almonds, chopped

Cream butter and gradually add the sugar, then egg and lastly sifted dry ingredients. Spread the dough in a well greased large shallow baking pan. Bake in a fairly hot oven (400° F.). When the cake has baked about 5-6 minutes spread the top with almonds and sugar. Continue to bake about 15 minutes in all, cool partially, cut into diamond shaped pieces and serve hot with tea or coffee.

568. Small Sugar Rusks

(200 rusks)

1 cup butter, or margarin
½ cup sugar, 1 cup rich milk
1 egg, slightly beaten
(10 cardamon seeds, crushed)
5¾ cups flour, sifted
4 teaspoons baking powder, salt

Cream fat, gradually add sugar and stir in egg, then milk and lastly sifted dry ingredients. Stir dough as little as possible, turn onto a floured board and shape into very small balls not larger than a quarter. Arrange balls on a large baking sheet and bake at once in a quick oven (450° F.). When done cut in two with a thin sharp knife, lay at a slant in rows in a shallow baking pan and dry in a slow oven until golden yellow in color. Serve with tea or coffee or with fruit soups and fruit desserts.

569. Quick Rusks

(20 rusks)

2 cups flour, ½ teaspoon salt
2 teaspoons baking powder
⅓ cup butter, 1 egg
5 tablespoons milk (sour)

Sift dry ingredients and cut in fat until of mealy consistency. Combine slightly beaten egg and milk and add to the dry ingredients, stirring as little as possible to give a moist, soft dough. Turn dough onto a floured board and roll out to an oblong piece about ¾ inch thick. Cut into ten uniform pieces crosswise, place on a buttered baking sheet and bake in a fairly hot oven (450° F.). When well risen and light brown in color cut in two with a thin sharp knife and return to oven to brown and dry partially. These rusks must not be dried throughout. Serve hot with butter and marmalade.

570. Graham Crackers

(60 crackers)

2⅓ cups Graham flour (10 oz.)
⅝ cup butter
1 cup flour
¾ cup sugar
1 teaspoon baking powder, salt
1 egg, 3-4 tablespoons milk

Cut the fat into the Graham flour until of mealy consistency and add remaining sifted dry ingredients, then egg and milk mixed together. Stir the dough until smooth and set in a cool place for ½-1 hour. Turn the dough onto a floured board and roll out very thin. Prick the whole surface with a sharp tined fork, then cut with a cookie cutter. Place crackers on a baking sheet and bake until golden brown in a moderate oven (350-375° F.). If the crackers are to be served with cheese omit or reduce the sugar in the recipe.

571. Dainty Hardtack—*Knäckebröd*

(45-50 pieces)

⅔ cup rye flour (3½ oz.)
⅔ cup coarse rye meal (3½ oz.)
¾ tablespoon sugar, salt
⅜ cup milk, ¼ cup butter

Sift the dry ingredients, cut in the butter or margarine, add milk and stir with a wooden spoon until dough is smooth. Turn onto a floured board and roll very thin. Prick the whole surface with a sharp tined fork and cut with a sharp knife into small oblong pieces or if preferred cut with a cookie cutter and with a thimble make small holes to the side of each piece. Place on a slightly greased baking sheet and bake in a very slow oven about 10 minutes or until pale yellow.

For successful results with this bread, roll it very evenly and prick entirely through the dough to prevent bubbles forming.

572. Bread Crackers

(40-50 crackers)

To 1 lb. of raised bread dough made without sugar and butter cut in ½ cup butter or margarine. Add enough flour so that dough can be kneaded and rolled out very thin. Prick the whole surface with a sharp tined fork and cut into small square pieces. Place on a slightly greased baking sheet and bake in a moderate oven until a golden yellow. These crackers are very tender and are especially good if served with marmalade.

Cookies, Tarts and Doughnuts

573. Sprits

(55 cookies)

1 cup butter, washed
6 tablespoons sugar
10 bitter almonds, grated
2¼ cups flour, sifted

Cream butter and add gradually the sugar, then grated or ground almonds. Force the dough through a fluted pastry tube into small cookies shaped like the letter S. Bake in a moderately hot oven (425° F.) about 8 minutes or until a golden yellow.

574. Desert Sand

(60-65 cookies)

1 cup butter, ⅞ cup sugar
2¾ cups flour, 1 teaspoon vanilla
1 teaspoon ammonium carbonate in 1 tablespoon water, salt

Melt and brown the butter slightly, turn into a bowl, add sugar and set bowl over cold water. Cream until cold, light and porous, add ammonium carbonate dissolved in water, vanilla, sifted flour and salt and beat until smooth. With two teaspoons shape the dough into oval, perfectly smooth cookies, place on a greased baking sheet and bake in a slow oven (300° F.) for about 30 minutes. If the cookies start to crack reduce the heat. The cookies when done should be only slightly darker than the original dough, porous and floury on the outside.

575. Rosenö Cookies

(80 cookies)

⅞ cup butter, washed
7 tablespoons sugar
1½ cups rye flour, 1⅜ cups flour
1 teaspoon baking powder, salt

Cream butter slightly, add sugar, then sifted dry ingredients, stirring until smooth. Turn dough onto floured board and knead lightly until smooth, roll out between two pieces of wax paper, prick the surface with a sharp tined fork and cut into cookies. Place on a baking sheet and bake in a moderately hot oven (400° F.) until golden brown.

576. Brown Almond Cookies

(35 cookies)

7 oz. almonds, ⅞ cup sugar
2 ggs, 4 egg whites, salt

Chop blanched almonds quite fine. Add sugar to beaten eggs and whites, fold in almonds and spread the batter on two baking sheets first greased with cold butter. Tip the sheets back and forth so that batter is uniformly thick. Bake in a moderate oven (350° F.) about 12 minutes or until batter has firmly set. Remove from oven, cool partially and with a sharp knife cut into oblong pieces about 1 by 3 inches. Return to the oven and continue baking until a golden brown. Immediately upon removing from the oven turn the cookies over a paper tube to cool. If the cookies stiffen before all are shaped, set back in the oven a few seconds to soften. Keep them in a dry place as they should be crisp when served.

577. Raspberry Almond Cookies

(25 cookies)

½ cup butter, 1⅛ cups flour
1 oz. almonds, ½ egg yolk, salt
1¾ tablespoons sugar
***Marzipan:* 3½ oz. almonds, ground**
¾ cup powdered sugar
about 1½ egg whites
***Garnish:* firm raspberry jam**
3 tablespoons powdered sugar

Cream butter, gradually add the sugar and flour then set aside in a cool place for 1-2 hours. Prepare marzipan as directed in recipe No. 633. Roll out the dough, cut into round cookies and place on a greased baking sheet. With a pastry tube make a narrow border of marzipan around the edge of each cookie. In the centers add a small spoonful of raspberry jam. Bake in a moderate oven (350° F.), cool and coat with icing of powdered sugar and water.

578. Almond Meringue Wafers

(25-30 wafers)

7 oz. almonds, about 1½ egg whites
1⅜ cups powdered sugar
***Icing:* ⅜ cup powdered sugar**
***Garnish:* 1½ oz. citron**
2 oz. candied orange peel
1 oz. blanched almonds, chopped

Prepare marzipan as directed in recipe No. 633. Add only enough white to give a firm consistency. Spread over a sheet of rice paper, evening off the top with a knife dipped in water or powdered sugar. Cut the rice paper into 9 uniform strips and each of these in 3 uniform pieces. Place the wafers over a rounded tin to give them a crescent shape and bake in a fairly hot oven for 3-4 minutes. When cold spread

with icing made of powdered sugar and water, dredge with chopped citron, orange peel and almonds and allow icing to set before serving. Serve with frozen desserts or at afternoon tea.

TRIANGLES: Combine ground almonds, sugar and egg white as directed for wafers in preceding recipe. Use enough egg white to give a loose porous consistency. Spread to about ½ inch thickness on rice paper, cut into medium sized triangles, garnish with flaked almonds and a bit of firm raspberry preserve. Bake on a greased baking sheet in a hot oven. When cold spread with a little sugar icing.

579. Nynäs Cookies

(40 cookies)

⅝ cup butter (scant), washed
3 tablespoons sugar, 1 egg yolk
1⅞ cups flour, sifted, salt
***Dough:* 3 tablespoons butter**
⅜ cup sugar, 1½ eggs
⅔ cup grated cold potatoes
2½ oz. blanched almonds
***Icing:* ¾ cup powdered sugar**
2 tablespoons cocoa
2 tablespoons water, 1 teaspoon lemon juice, or 3 oz. chocolate
***Garnish:* 10 pistachio nuts**

Cream butter, gradually add the sugar, egg yolk and lastly sifted flour. Beat until smooth and set in a cool place from 1-2 hours. Roll out to an oblong shape, place on a baking sheet and bake in a moderate oven (350° F.) until half done. Cool partially before spreading with almond dough.

Cream the butter for the almond dough, gradually add sugar, yolks, grated potato and lastly ground almonds. When well mixed, carefully fold in beaten whites. Spread over the other dough on the baking sheet and finish baking. When cold spread with a cocoa icing or with a thin coating of melted chocolate. Before the icing has time to set dredge with finely chopped pistachio nuts. When cold and set cut into oblong cookies.

580. Grandmother's Cookies

(50 cookies)

¾ cup cream, 2 egg yolks, salt
⅝ cup sugar, ⅝ cup butter
1¾ cups potato flour (10 oz.)
8-10 cardamon seeds, crushed
½ teaspoon ammonium carbonate
flour to make a firm dough

Whip the cream until slightly thickened, combine with yolks and

sugar mixed together, then add melted butter first cooled, cardamon and sifted flour. Beat until smooth and set in a cool place for at least an hour but preferably over-night.

Sift a few tablespoons of flour with the ammonium carbonate and spread on a board. Knead the cookie dough on the board until firm enough to be rolled. Roll to about ⅛ inch thickness, prick lightly and cut into round cookies. With a thimble make a small hole to one side in each cookie. Place on a greased baking sheet and bake in a fairly hot oven (425° F.) until golden yellow.

581. Burnt Almond Macaroons

(25-30 cookies)

4½ oz. blanched almonds, ground
¾ cup powdered sugar
1½ egg whites

***Praline:* 1 oz. unblanched almonds**
3 tablespoons powdered sugar
***Garnish:* 2 candied orange peels**

Run almonds through grinder twice and work in a mortar until smooth. Gradually work in the powdered sugar and then the egg whites. Prepare praline as directed in recipe No. 480 for almond brittle ice cream. Combine with almond dough, drop by spoonsful on a floured board and roll into small oval cookies. Place on a well greased baking sheet and garnish each cookie with a small strip of orange peel. Bake in a moderate oven (375° F.) until firm on outside but soft on inside. If the dough is difficult to shape it may be dropped by spoonsful on the baking sheet.

582. Butter Leaves

(70-80 leaves)

½ cup butter
1⅓ cups flour, sifted

5 tablespoons cream (scant)
1 teaspoon compressed yeast

Stir the yeast into a part of the cream. Cut the fat into half of the flour and work in cream and remaining flour and lastly the yeast. Knead dough lightly until smooth and chill thoroughly for 1-2 hours. Roll out one-third of the dough at a time to a thin oblong piece, place on a baking sheet and prick with a fork. Cut with a pastry wheel into strips lengthwise and each strip diagonally into diamond shapes. Dredge with sugar and bake in a moderately hot oven (400° F.) 10-12 minutes or until light brown.

583. Almond Meringue Circles

(8-10 meringues)

2 whites of large eggs
1 cup powdered sugar
6 oz. blanched almonds
(1-2 teaspoons lemon juice)

Flake almonds day before using and spread to dry out over-night. Almonds must be thoroughly dried to insure success with these meringues. Combine whites, sugar and lemon juice if used, in a mixing bowl, beat until stiff and fold in almonds. With two spoons shape small circles of the mixture on a greased baking sheet. Bake in a slow oven (300° F.) about 25 minutes or until light brown, firm on the outside and soft on the inside.

584. Hazelnut Cookies

(35 cookies)

⅜ cup butter, washed
3 tablespoons sugar
1 cup flour (scant), sifted
3½ oz. hazelnuts, ground, jelly
Icing: ⅜ cup powdered sugar
15 pistachio nuts, or other nuts

Cream butter and gradually add sugar, then nuts and flour. Set dough in a cool place for an hour or more, then roll out between two sheets of wax paper. Cut into small cookies and place on a baking sheet. Bake in a moderate oven (350° F.) until light brown. When thoroughly cool place them together two and two with a filling of currant jelly. Cover the tops with a thin icing made of powdered sugar and 1 tablespoon water and sprinkle with finely chopped pistachio nuts.

These cookies are difficult to handle unless dough is cold and is handled quickly.

585. Swedish Rolled Wafers

(40-50 wafers)

2 eggs, ⅝ cup sugar, salt
¼ cup flour, ¾ oz. almonds

Stir eggs and sugar until light and porous, then add sifted flour. If large eggs are used increase the flour accordingly. With a teaspoon spread strips of dough about ¼ inch wide and 6 inches long on a well greased baking sheet, allowing about 3 inches between the strips as the dough expands considerably during baking. Sprinkle with chopped unblanched almonds and bake in a moderate oven (375° F.) until

golden brown. Immediately upon removing from the oven loosen strips with a spatula and roll each quickly over a paper roll or tube. If the wafers start to harden before they are shaped set them back in the oven for a few seconds to soften. When crisp store in a dry place.

Serve with fruit soups, fruit desserts or with afternoon tea.

Cornucopias: Omit the almonds in recipe for wafers. Spread very thin in round cookies about 5 inches wide on a greased baking sheet. Bake in fairly hot oven (400° F.). Immediately upon removing from the oven loosen edges and shape into cornucopias. Store in a dry place and when to be served fill with whipped cream flavored with jelly or jam.

Chocolate Wafers: Combine dough as directed for rolled wafers. Spread thinly in round shapes spoonsful of dough on a well greased baking sheet. Bake in a moderate oven (375° F.) until golden brown and immediately upon removing from the oven loosen with a spatula and shape over a paper roll or tube to give crescent shaped cookies. Coat tops with melted chocolate and dredge with finely chopped pistachio nuts.

If served for afternoon tea the wafers may be filled with a spoonful of sweetened whipped cream flavored with vanilla.

586. Almond Rusks

7 tablespoons butter, 2 eggs
1 cup brown sugar, 2½ oz. almonds
3 cups flour (scant), sifted, salt
1 teaspoon baking powder

Beat eggs and sugar until light and porous and add creamed butter, coarsely chopped unblanched almonds and lastly sifted dry ingredients. Roll dough into strips about 1¼ inches thick, place on a greased baking sheet and bake in a moderate oven (350° F.). When done cut at a slant into slices about ¾ inch thick. These little rusks should have a somewhat chewy texture. Store in a tight jar.

587. Mother Anna's Wreaths

(45 cookies)

⅝ cup butter, washed
¼ cup sugar, 1 egg yolk
2 cups flour, sifted, salt
***Coating:* egg, 35 almonds**

Cream butter, gradually add sugar until light and porous, yolk and

lastly sifted flour. Set in a cool place for 1-2 hours, then shape with the fingers into small wreaths. Brush with beaten egg and finely chopped almonds. Bake until golden brown in a moderate oven (350° F.).

588. Diagonals

(60-70 cookies)

½ cup butter, ½ egg, salt
3½ tablespoons sugar
1½ cups flour, sifted
currant jelly

Cream butter and gradually add sugar until light and porous, egg and lastly the flour. Force the dough through a broad flat pastry tube in strips onto a well greased baking sheet. Stir currant jelly until smooth, then force through a small paper funnel in narrow rows lengthwise through the center of each strip of dough. Bake until a golden brown in a moderate oven (375° F.) and when done cut into diagonal cookies.

589. Finnish Coffee Fingers

(65-70 cookies)

⅞ cup butter, washed
2 tablespoons sugar
6 bitter almonds, grated
2⅝ cups flour, sifted, salt
***Coating:* beaten egg**
1¼ oz. almonds, finely chopped

Cream butter, gradually add sugar, almonds, then flour and set in a cool place for 1-2 hours. Roll out to finger thickness, cut into strips about 2 inches long, brush with beaten egg, roll in almonds, place on baking sheet and bake in a moderate oven (350° F.) until golden brown.

590. Stepmother's Cinnamon Sticks

(45 sticks)

1 egg, ½ cup sugar, salt
½ cup butter, 2 cups flour
1 teaspoon ammonium carbonate
***Coating:* sugar, cinnamon**

Beat egg and sugar until light, add creamed butter then sifted dry ingredients and set in a cool place until firm. Roll out, cut and shape into pieces about the size of a little finger. Roll in a mixture of 3 tablespoons sugar and 1 teaspoon cinnamon, flatten out slightly and lay about 2 inches apart on a baking sheet and bake in a moderate oven (350° F.) until golden brown.

591. Peasant Cookies

⅞ cup butter, washed, ⅞ cup sugar
1 tablespoon molasses, salt
2½ oz. unblanched almonds
3¾ cups flour, 1 teaspoon soda

Cream butter adding gradually the sugar and then the molasses until light and porous. Add coarsely chopped almonds, soda dissolved in ½ tablespoon warm water and sifted flour, then set in a cool place until firm. Shape dough into a roll 1¼ inches thick, cut into round slices about ⅛ inch thick, place on a greased baking sheet and bake in a moderate oven (350° F.).

592. Christmas Ginger Snaps

(200 cookies)

⅞ cup molasses, 1¼ cups butter
1¾ cups light brown sugar, 2 eggs
1 tablespoon Seville orange peel
2 teaspoons cloves, 2 teaspoons soda in 1 tablespoon water
7⅜ cups flour (approximately)

Warm molasses, add sugar and stir until dissolved, add butter and beaten egg and beat with a wooden spoon. Add part of flour, flavoring and soda dissolved in warm water, then enough more flour so that dough can be kneaded. Turn onto a floured board and knead until smooth, cover and set in a cool place until the following day. Roll out and bake a couple of cookies to determine whether or not more flour is needed. If texture is too porous add more flour. Roll out, cut into cookies, place on a baking sheet and bake in a moderate oven (375° F.).

This dough is suitable for making fancy cut shapes such as gingermen, animals, Christmas trees or other desired figures. Use a plain white icing for appropriate decorations.

593. Princess's Ginger Cookies

(250 cookies)

⅝ cup light molasses, or sirup
1⅞ cups sugar, ⅝ cup butter
5 tablespoons thick cream (sour)
1 tablespoon Seville orange peel
1 teaspoon each clove, ginger and allspice, 2 teaspoons cinnamon
4 egg yolks, 2 teaspoons soda
8 cups flour (approximately)

Heat molasses, add sugar and when dissolved stir until cooled. Add cream, butter first melted and cooled, chopped peel and seasonings.

Add one yolk at a time, then part of the flour and soda sifted together. Add more flour to give a firm smooth dough, cover and set in a cool place until the following day. It is best to bake a couple of cookies as a test to determine whether or not more flour is needed. Roll out on a lightly floured board and cut with a heart shaped cookie cutter. Place on a baking sheet and bake in a moderate oven (375° F.).

594. Soft Old Fashioned Ginger Cookies

(30 cookies)

¾ cup molasses, 1 cup brown sugar
2 tablespoons Seville orange peel
1½ teaspoons cinnamon, salt
1 teaspoon each cloves and ginger
5 tablespoons butter, washed
2 eggs, beaten
5 tablespoons thick cream (sour)
2 teaspoons baking powder
3¾ cups flour (approximately)
***Garnish:* blanched almonds**

Cook the Seville orange peel in warm water until soft, trim and mince. Combine and heat molasses, sugar, peel and spices. Set aside to cool, add butter, eggs and cream and when well mixed sift in about half of the flour. Add the baking powder sifted together with remaining flour. With two spoons shape dough into small balls and lay on a well greased baking sheet allowing generous amount of space between the cookies. It is best to bake a test cookie first to determine whether or not more flour is needed. If the cookie spreads too much and is very porous add more flour. On top of each ball place a half almond. Bake in a moderate oven (350° F.) for 15-20 minutes.

595. Swedish Sand Cakes

(20 tarts)

½ cup butter, washed
⅔ cup potato flour (4 oz.)
½ teaspoon baking powder
2 small eggs, salt
½ cup sugar (scant)
(1 tablespoon cognac)

Wipe butter if necessary to remove excess moisture, add flour and baking powder sifted together and beat until smooth and porous. Beat the eggs and sugar until lemon colored, combine with butter mixture and beat vigorously. Add cognac if desired. Pour into greased and floured fluted tins and bake in a moderate oven (350° F.) for 8-10 minutes. These cakes will keep well if wrapped in a cloth and laid in a tight box or jar.

596. Potato Flour Cup Cakes

(16 cakes)

2 eggs, ⅝ cup sugar
10 almonds, 4 bitter almonds, or grated lemon rind
6 tablespoons potato flour
2 tablespoons flour, salt
1 teaspoon baking powder

Beat egg and sugar together until light and porous, add grated almonds or lemon rind and a little at a time, flour and baking powder sifted together. Turn into small fluted tins first well buttered and dredged with flour. Fill only half full. Bake in a moderate oven (350° F.) until golden brown and done through when tested with a straw. Serve with fruit porridge or sauce.

For a richer cake mix in several tablespoons melted cooled butter.

597. Julia's Cup Cakes

(15 cakes)

1 egg, beaten, ⅝ cup sugar
5 tablespoons sour cream
¾ cup flour, 1½ teaspoons baking powder, 3 tablespoons butter

Combine ingredients after same method as given for potato flour cup cakes adding cooled melted butter last. Bake in moderate oven (350° F.) for 10-15 minutes.

598. Almond Sand Tarts

(35 tarts)

3½ oz. almond paste, ½ cup sugar
⅞ cup butter, 1¾ cups flour

Combine all ingredients and when well blended cover and set in a cool place from 1-2 hours. Roll out and with floured fingers coat inside of small fluted tins, distributing the dough evenly. Bake in a moderate oven (350° F.) for about 15 minutes or until a light golden brown in color. Store in a tight box or jar in a dry place.

599. Norwegian Custard Tarts—*Linser*

(16-18 linser)

Dough: 2⅛ cups flour, 2 yolks
⅝ cup butter
3 tablespoons sugar
Filling: 2 yolks
2 teaspoons flour
2 tablespoons sugar
1¼ cups rich milk (half cream)
vanilla, powdered sugar

Combine yolks, sugar and flour for filling in a double boiler, beat for about 2 minutes then add gradually the hot milk. Cook and beat until mixture is smooth and thickened. Remove from fire and continue to beat until partially cooled, then add vanilla.

Combine ingredients for dough and line small fluted tins with a fairly thick coating as directed for sand tarts. Fill with the custard, cover a piece of dough cut to fit the top and press the edges together. Set on a baking sheet and bake in a moderate oven (375° F.) for about 15 minutes. Allow to cool slightly, then unmold and serve while fresh as a dessert or accompaniment to afternoon tea.

600. Helena Tarts

(25 tarts)

pastry dough, 2 egg whites || **2 oz. almonds, ⅜ cup sugar**

Prepare a pastry dough according to directions in recipe No. 75 using 1 cup flour. Grind the blanched almonds, gradually work in the egg whites and sugar and continue to knead for about 15-20 minutes until mixture is very porous. Line small fluted tins with pastry dough, prick with a fork and half fill with the almond mixture. Over the top lay small strips of dough crisscross fashion. Set tins on a baking sheet and bake in a moderately hot oven (400° F.) until filling has raised and crust turned a light golden brown. Serve either hot or cold.

601. Almond Pastries

(26-27 cakes)

puff pastry dough
5 oz. blanched almonds, ground
1¼ cups powdered sugar ||
2-2½ egg whites
15-20 unblanched or blanched almonds, beaten egg

Prepare pastry dough according to directions in recipe No. 74, using 2 cups flour. Roll out the dough to an oblong about 6 inches wide and ⅛ inch thick. Grind the almonds and pound in a mortar while gradually adding the sugar and egg whites. Add enough white to make mixture loose enough to spread easily with a knife over the dough. After spreading the almond mixture fold the dough over four times,

pat very lightly and cut either into small oblong strips or into triangular pieces. Place on a baking sheet, brush with egg, sprinkle with chopped almonds and bake in a fairly hot oven (425° F.). Serve hot preferably.

If preferred, plain pastry dough may be used but the pastries will not be quite so fluffy.

602. Petits-Choux Swans

(12 swans)

1 cup boiling water
½ cup butter (scant), salt
1 cup flour, 3 small eggs

Filling: **1¼ cups thick cream**
1½ tablespoons sugar
Garnish: **2 oz. chocolate**

Heat the water and butter in a saucepan until boiling hot, add flour and stir vigorously until mixture is smooth and leaves the side of the pan. Remove from the fire and add eggs one at a time, beating thoroughly each time. When smooth and well mixed turn most of the dough into a pastry bag with a large fluted tube. Force the dough onto a slightly greased baking sheet in strips about 3 inches long. These strips are to represent the bodies of the swans. Force the rest of the dough through a small flat tube in shapes of a long slender letter S to represent head and neck of swan. The latter should be baked on a separate sheet since they will take less time. Bake the larger puffs for about 10 minutes in a hot oven (450° F.), reduce heat (400° F.) and continue to bake 20 minutes or until firm and golden yellow in color. Carefully cut the tops of the puffs lengthwise, at one end insert the neck-shaped pieces and fill with sweetened whipped cream forced through a pastry tube. With a small paper tube make fine lines of melted chocolate on each side of the cream and add drops to represent eyes. If not served at once keep in a cold place.

603. Pastries

Puff pastry prepared after directions in recipe No. 74 is used as a foundation for all of the following recipes.

Pastry Torte: Cut rounds of thinly rolled dough, prick and bake in a hot oven (475-500° F.) until crisp. Arrange in tiers with a filling of

jelly or vanilla cream, or both in alternate layers. Decorate with white icing and serve at once.

Sweet Vol-au-Vents: For shells refer to recipe No. 74. Fill with sweetened crushed fruit and top with whipped cream. If fruit is baked in the shell lay strips of dough crisscross fashion over the top. Sprinkle with sugar and bake in a hot oven (450° F.).

Christmas Stars: Cut rolled dough into 4 inch squares, slit each corner 1½ inches toward the center. Place a spoonful of jam or filling on each square, fold in alternate corners to the center, moisten and press the edges together. Brush surface with beaten egg, sprinkle with sugar and bake in a hot oven (450° F.).

Sprays: Cut strips of dough ¼ inch thick, ¾ inch wide and 3 inches long. Trim 2 corners at a slant so that one side is longer. Cut 3 slits from the longer side half way across each strip and spread in fan shape.

Fans: Roll dough to oblong ⅛ inch thick. Fold lengthwise with edges to the middle, again with edges together, crosswise once and lengthwise again. Sprinkle lightly with sugar before each folding. Press open edges together, cut into slices about ¼ inch thick, dip in sugar and place on a cold well buttered baking sheet about 3 inches apart. Dough should spread out in fan shape during baking. When browned on the bottom, turn and brown on other side. When to be served place 2 fans together with jelly or jam. For small fans for tea fold the dough only once crosswise and once lengthwise.

Wreath: Lay pattern of desired shape on floured baking sheet. Cut small rounds, ovals or like shapes of dough rolled ⅜ inch thick. Place in overlapping circle on paper pattern, brushing lightly with water where pieces touch each other. Bake in hot oven (450° F.).

Almond Pastry Twists: Use dough from 1 cup flour. Mix a second dough of ½ cup butter, 3 tablespoons sugar, 5 bitter almonds ground and 1⅛ cups sifted flour and chill until firm. Roll each dough into an oblong about 12 inches long and ⅛ inch thick. Brush pastry dough with beaten egg, cover with other dough and press lightly together. Trim edges and cut into strips ⅓ inch wide. Twist each strip and form a figure 8, lay on greased baking sheet, brush with beaten egg and bake until golden brown in hot oven (475° F.).

604. French Crullers

(12-15 crullers)

1¼ cups rich milk
2 tablespoons sugar
grated rind of ½ lemon
3 tablespoons butter
1 cup flour, salt
3 large or 4 small eggs

Combine ingredients except eggs, heat slowly while beating and cook until mixture leaves the side of the pan, remove from the fire, cool slightly and add eggs, one at a time, beating well each time. Beat in all 10-12 minutes. With a large fluted pastry tube force the dough out into doughnut shapes onto a heavy wax or greased paper. Allow to stiffen a while before frying. Carefully slide into hot fat (375° F.) and fry about 10 minutes turning to brown evenly. Drain and dust with powdered sugar. Serve when freshly fried.

605. Fruit Fritters

(6 servings)

3 tablespoons butter, ⅝ cup flour
1⅛ cups milk, 3 eggs, separated
3 juicy apples, pared and cored
3 tablespoons sugar, almonds
12 dried apricots, cooked
1 oz. large seedless raisins

Cook batter as directed for crullers and when cooled fold in beaten whites. Sprinkle sugar over thick slices of apple, pile together and let stand 1 hour. Drain apricots and blanch almonds. On a white thread string raisins, almonds and small pieces of apple and apricot to a length of 8 inches. String rest of fruit in same manner. Dip in batter to coat fruit entirely and fry at once in deep fat (380° F.). Drain and carefully draw out the threads. This batter may also be used for other fruit fritters.

606. Swedish Crullers—Struvor

(20 struvor)

Beat 1 egg, 3 egg whites and ¼ cup sugar until smooth but no longer. Add grated rind of ¼ lemon and ¾-⅞ cup sifted flour and stir until smooth. Heat fat in a small deep kettle. Pour the batter into a funnel made of rather stiff paper with a small opening clipped at the end. Force the batter out in a small stream back and forth to give a lacey

effect. The cruller will spread to the edges of the kettle so only one can be fried at a time. Turn and when brown drain and lay over a small rolling pin or other tubular shape to form a crescent. Dust with powdered sugar and serve.

607. Doughnut Twists

(50 doughnuts)

5 egg yolks, 3 tablespoons sugar
3 tablespoons butter, rind ¼ lemon
1 tablespoon brandy, or cognac
1⅞ cups flour, sifted, salt

Stir yolks and sugar until smooth but no longer. Add cooled melted butter, rind, brandy and flour. Knead lightly on floured board until smooth and firm enough to roll. Chill, then roll quite thin and cut into 4 inch strips. Cut a gash through the center of each strip, pull one end through the gash and fry in deep fat in same manner as doughnuts (380° F.). Drain and dust with powdered sugar.

608. Swedish Rosettes

(20 rosettes)

2 eggs, 2 teaspoons sugar, salt
⅝ cup water, ⅝ cup flour

Beat eggs and sugar for several minutes, then add alternately water and sifted flour. Heat the frying fat in a deep narrow kettle (375° F.). Set the rosette iron in the fat to heat through. Pour the batter into a coffee cup large enough for dipping the iron. Drain the fat off the iron, then dip carefully into the batter so as to coat it almost to the top edge. Immerse at once in the hot fat and fry until a golden brown. Remove from fat, loosen edge carefully with a fork so that rosette drops off and drain on absorbent paper. Fry remainder of batter in same manner. Keep the batter cool and stir it from the bottom occasionally so that it becomes evenly blended. If the batter does not adhere to the iron the latter is probably too cool. For success in making rosettes it is very important to keep both iron and fat at a constant temperature.

Dust rosettes with powdered sugar and serve with afternoon tea or with fruit desserts. Rosettes may also be served with sweetened crushed fruit and cream in same way as sweet waffles or pastries.

609.
Almond Pyramid

¾ lb. almonds, blanched
2 cups powdered sugar
3-4 egg whites
Praline: **3½ oz. almonds**
⅔ cup powdered sugar
Candy balls: **1½ oz. almonds**
⅓ cup powdered sugar
egg white, coloring
Sirup: **1⅛ cups sugar**
4 tablespoons water
(½ tablespoon corn sirup)
1 teaspoon vinegar
Brittle: **⅝ cup sugar**
¾ oz. chopped almonds

Almond Pyramid

Grind the almonds twice and work in a mortar while adding gradually the sugar and then the whites.

Melt sugar for praline together with unblanched almonds, stir until light brown, turn onto a buttered tin and when hard break into pieces and run through a grinder. Add this praline to the almond paste and continue to pound in the mortar until smooth and firm. Keep thoroughly chilled. Turn into a large pastry bag with a fluted tube and force out in long strips on a buttered and floured baking sheet. Break pieces into necessary lengths for design shown in illustration or any other desired design.

To make the design illustrated, cut a piece of paste 11 inches long. At one end form a 5 inch circle which will serve as the base. Inside the circle form a lace design with 3 or 4 other short pieces, being careful to join ends so that they will adhere after baking. Above the circle shape smaller circles, a letter S or loops, graduating the design so that the whole has the shape of a triangle, and the end of the straight piece will make the top when finished. Make four duplicate designs all ex-

actly the same height and width. Make four small heart shapes, loops or other designs which can be fitted in between the large pieces after baking. Bake in a moderate oven (325° F.) until golden brown, loosen from sheet and set to cool.

For the balls prepare a marzipan as directed in recipe No. 633, color one-half pink and the other half green and shape into balls the size of large marbles. Dip these into a sirup cooked to the hard ball stage when tested in cold water. Without stirring lift the balls out of the sirup and place on a buttered plate to harden.

Melt the sugar for the brittle, add almonds and pour into a buttered tin. Before it hardens cut out a round piece about 12 inches wide to use as a base for the pyramid. Place the four triangles together at right angles, fasten together with a little of the sirup, add pieces between and set on the brittle. Here and there on the pyramid fasten the candy balls with a little sirup. This pyramid is best if fresh but may be kept several days if entirely covered with a wax or cellophane paper and stored in a dry place. Serve with elaborate frozen ice or other dessert.

610. Large Apple Torte

1 cup butter, ⅓ cup sugar
1 small egg, 6 bitter almonds
1¾ cups flour, 1 qt. apples
¾ cup water, ½ cup sugar

Cream butter while adding sugar until light and porous, then add grated almonds. Spread two-thirds of the dough in a torte pan with loose bottom, bake until almost done in a hot oven (400° F.) and cool. Heat sugar and water to form a sirup, immerse a few sections of apple at a time and cook until soft but not broken. Remove from sirup and chill. Continue to cook sirup until thick enough to jell and pour onto a plate to stiffen.

Lay apple sections in rows over the baked torte. Stir a couple of tablespoons of flour into the remaining dough and force through a pastry tube in strips crisscross fashion over the top of the apples. In the same way make a border of dough around the edge. Bake in the top part of the oven until top dough is done, remove torte ring, chill and garnish with diced jelly. Serve with whipped cream.

Rhubarb Torte: Cut 1½ lbs. rhubarb into ½ inch pieces, place in layers in a deep baking dish adding about 1⅛ cups sugar between the

layers, cover and bake until soft. Prepare torte after directions given for apple torte.

Gooseberry Torte: Cook about 1 qt. gooseberries with ¾ cup sugar until berries are soft and start to burst, remove from sirup, continue to cook sirup until thick and pour over the berries. Spread berries and sirup over a torte as directed for apple torte, garnish with meringue and brown in a slow oven. For this torte bake all the dough the first time.

Pear Torte: Reduce sugar slightly and use 8 bitter almonds in recipe for apple torte. Spread the dough in a torte pan and bake about 20 minutes or until golden brown. Cool partially and turn out of the pan. Peel 10 or 12 very small ripe pears and scrape the stems, immerse in a sirup made of ⅝ cup sugar and 1 cup water colored a bright red and cook until soft, then chill. Set a pear in the center of the torte and remainder in a circle around it. Prepare a meringue of 3 egg whites and 7 tablespoons sugar and with a small plain pastry tube make 2 or 3 rings of meringue around each pear. Add a border of tips of meringue and bake in a slow oven (300° F.) until meringue has set. When cold garnish with 10 blanched almonds, flaked and lightly browned in the oven.

Mixed Fruit Tortes: Omit the egg, use 2¼ cups flour and 10 bitter almonds in the recipe for apple torte. Spread the dough in small fluted cake tins and bake until golden brown. Cut 5 or 6 apples into small sections and cook in a sirup as directed for apple torte until soft, but not broken. Remove from sirup, add 25 soaked prunes and 25 soaked apricots and cook until soft. Continue to cook sirup if necessary until thick enough to glaze the fruit. Spread the fruit and sirup over the tortes, garnish with whipped cream and serve.

611. Parisian Torte

Dough I: ⅔ cup butter
3 tablespoons sugar
9 bitter almonds, ground
1⅓ cups flour
Dough II: 4½ oz. blanched almonds
¾ cup powdered sugar
3 eggs (2 separated)
vanilla, or liqueur
jellied apples, pears or apricots
Icing: ⅝ cup powdered sugar
1 tablespoon cocoa, water
20-25 pistachio nuts

Combine ingredients for dough-I and mix with fingertips until of grainlike consistency. Spread in a loose bottomed torte pan and bake in a moderate oven for about 20 minutes.

Grind almonds for dough-II twice, work in the sugar gradually, add 1 egg and flavoring and work thoroughly with a wooden spoon until smooth. Add two yolks one at a time and when mixture is porous fold in beaten whites. When first dough is cold spread with jellied fruit filling and over this add the second dough. Set torte pan on another pan turned upside down and bake in a moderate oven until done, when tested with a straw. Cool before turning out of the pan. Coat with cocoa icing (recipe No. 631) and garnish with chopped pistachio nuts.

612. Jellied Orange Cake

sponge cake
Filling: **3 egg yolks**
1 cup rich milk (half cream)
1½ tablespoons sugar, lemon
1½-2 oranges, diced
Meringue: **2½ egg whites, beaten**
2½ oz. blanched almonds, ground, ⅜ cup sugar
Garnish: **4-5 oranges, sliced**
Jelly: **1 cup white wine**
3 tablespoons sugar
⅔ tablespoon gelatin, water

Bake sponge as directed in recipe No. 616-II. Prepare filling after directions in same recipe, chill and add orange and lemon juice to taste. Cut the cold cake into three layers and add filling. Mix sugar with ground almonds and combine carefully with beaten whites. Spread this meringue over the sides and top of the cake and set in a slow oven (300° F.) until set and slightly browned. When thoroughly cold cover the entire cake with slices of orange arranged in circles.

Soak gelatin in a little cold water, add sugar and wine and heat until gelatin is dissolved. Color one-fourth of the gelatin a light green and pour onto a plate to stiffen. Cut into small dice and lay between the slices of orange. Pour remaining gelatin after it starts to thicken over the cake and set in a cold place for several hours. Serve with or without an orange sauce (recipe No. 310).

Jellied Pineapple Cake: Substitute in the recipe for orange cake small slices of pineapple. For filling follow recipe No. 616, using 2 whole eggs instead of yolks and for liquid 1 part thin cream and 2 parts pineapple juice. Flavor with lemon instead of vanilla.

WILL'S CAKE: Pour onto a cold sponge cake (recipe No. 616-I) a warm sirup in which apricots and sections of apple have been cooked until soft but not broken. Arrange apricots, apple sections and slices of banana in an attractive design over the cake. Cover with gelatin flavored with lemon as directed for jellied orange cake. Chill for several hours and serve with whipped cream or vanilla sauce.

613. Carl XV's Fruit Torte

(6 servings)

6½ tablespoons butter, melted
3 eggs, ⅝ cup sugar
2½ oz. almonds, 6 bitter almonds
6 tablespoons flour
***Filling:* 2½ oz. dried apricots, or 1 qt. apples, cut in sections**

Cook soaked apricots in light sirup and drain. Cream cooled butter, adding sugar gradually until light and porous. Add eggs one at a time, then ground almonds and sifted flour while stirring vigorously. Turn half of the mixture into a small cake or torte pan well greased with butter and dredged with fine crumbs. Spread the fruit over the dough but do not let it touch the sides of the pan. Cover with remainder of dough and bake in a moderate oven (325-350° F.) at least 1 hour or until done when tested with a straw. Cool partially before turning out of the pan. Serve warm or cold with whipped cream. This cake is best when baked in small sized pans.

614. Currant Torte

(7-8 servings)

Cut a cold sponge cake (recipe No. 616-III) into three layers and add a filling of crushed currants mixed with a few tablespoons of whipped cream. Chill for several hours. Dip choice clusters of currants into slightly beaten egg white diluted with 1 tablespoon cold water, drain, roll in sugar and lay on a wire rack to harden. Garnish torte with whipped cream forced through a fluted pastry tube and over this arrange the clusters of currants.

615. Semolina Torte

(6 servings)

3 eggs, ⅝ cup sugar
⅝ cup semolina
apple or other fruit pulp
***Garnish:* 2-3 tablespoons sugar**

Combine egg, sugar and semolina, beat until light and porous, about 20 minutes in all and allow to stand for 2 hours. Bake in two or three well buttered cake tins. When cold put together with a filling of sweetened apple pulp or other fruit. Dredge top with sugar. Heat a large steel skewer and hold over the sugar so that it browns lightly but does not burn. In this way, make a diamond or square shaped pattern over the top. Serve with lemon sauce.

616. Sponge Cake for Tortes—I

4 eggs, separated, salt
¾ cup sugar (lemon juice)
1-2 tablespoons water
4 tablespoons potato flour

Beat yolks, sugar and water until lemon colored. Sift in potato flour and fold in beaten whites. Pour into a buttered and floured cake pan. Set in a slow oven and gradually raise the temperature to 375° F. Bake in all about 30 minutes.

Sponge Cake for Tortes—II

4 eggs, separated (lemon juice)
⅝ cup sugar, 1 tablespoon water
3½ tablespoons potato flour
5 tablespoons pastry flour, salt

Combine and bake after directions given for cake-I.

Sponge Cake for Tortes—III

4 eggs, separated (lemon juice)
1⅛ cups sugar, 2-3 tablespoons water
6½ tablespoons potato flour
½ cup pastry flour, salt

Combine and bake for about 45 minutes after directions given for cake-I.

Vanilla Cream Filling for Tortes

4 egg yolks, 1¼ cups rich milk
2 tablespoons sugar, vanilla

Beat sugar and yolks and gradually add milk (or thin cream). Cook in a double boiler while stirring until smooth and thickened. Remove from the fire and continue to beat until cooled, then add vanilla to taste. Vanilla should be of a pure fine quality.

617. Princess Margaret's Torte

Cake: 6 eggs, separated
1 cup sugar, ½ cup pastry flour
⅓ cup potato flour
Brittle: ⅞ cup sugar
2½ oz. blanched almonds
Filling: 2 egg yolks
1 tablespoon sugar, vanilla
¾ cup rich milk (part cream)
3 tablespoons butter
Icing: 1 cup powdered sugar
1½ tablespoons water, lemon
Frosting: ⅓ cup powdered sugar
egg white
Caramel taffy: ⅝ cup sugar
2½ tablespoons water, coloring
1 teaspoon vinegar, (corn syrup)

Bake sponge cake in two cake tins, one twice as large as the other. Follow directions in recipe No. 616-II.

Heat sugar for brittle in a frying pan and when caramelized add chopped almonds and turn onto a buttered tin. When partially cooled cut into strips about 1¼ inches wide and 3 inches long. When hard enough to handle turn over a rolling pin or other tubular form. Grind left-over brittle and use for the filling. Prepare a vanilla cream filling (recipe No. 616) and when cold combine with ground brittle.

Cut cold cakes into two or three layers and add the filling. Set the smaller cake on top of the larger one and spread both cakes with icing (recipe No. 631). When icing has hardened garnish with frosting (recipe No. 632) forced through a fine pastry tube.

To make the taffy ribbon cook sugar, water, vinegar and 1 teaspoon corn syrup without stirring over a low heat to the soft ball stage. Turn onto a buttered tin, add a couple of drops of green coloring and pull with two forks until cooled enough to handle. Pull quickly with the hands until taffy is light, then draw out and flatten like a ribbon. Deftly shape like a big bow with several loops and place on the center of the torte. Around the upper edge of the large cake place at uniform distances the strips of brittle leaning them against the upper edge of the smaller cake. Serve for an elaborate tea.

618. Crown Princess Martha's Torte

Cake: 5 eggs, separated
¾ cup sugar, 2½ oz. walnuts
3 tablespoons strong coffee
5 tablespoons potato flour
Filling: ⅝ cup rich milk, 1 egg
3 tablespoons strong coffee
1 tablespoon potato flour
2 tablespoons sugar

Icing: 1¼ cups powdered sugar
3 tablespoons strong coffee
6 walnuts, shelled

Marzipan: 1 oz. blanched almonds
⅓ cup powdered sugar
egg white, coloring

Beat eggs and sugar until light and porous and add coffee gradually then the walnuts. Sift the potato flour over the beaten whites and fold into the batter. Pour into greased and floured round deep cake pan. Set in a slow oven, gradually raise temperature (375° F.) and finish baking, about 25 minutes in all. Cool partially and turn out of the pan.

Combine ingredients for filling and cook in a double boiler while stirring continuously until smooth and thickened. Cut the cake into three uniform layers and place together again with the filling. Coat the whole cake with coffee or rum icing (recipe No. 631).

Prepare marzipan after directions in recipe No. 633, color one third a faint pink and the rest a pale green. Roll out the pink paste and cut into petal shapes. Arrange these in flower groupings around the edge and center of the cake, adding a half walnut in the center of each flower. Roll out the green paste and cut into leaf patterns. Place these around the flowers to give an attractive cluster effect.

619. Crown Princess Astrid's Torte

sponge cake
Praline: 7 tablespoons sugar
3½ oz. unblanched almonds
Filling: 3 egg yolks
2 tablespoons flour
2 tablespoons sugar
1¾ cups pineapple juice and milk, ¾ teaspoon gelatin
1 cup diced pineapple
lemon juice (butter)
Meringue: 3 egg whites
1⅛ cups powdered sugar
Marzipan: ⅓ cup powdered sugar
1½ oz. blanched almonds, ground
egg white, coloring
5 oz. small green grapes

Prepare ground praline as directed for almond brittle ice cream in recipe No. 480. Make a sponge cake after directions in recipe No. 617. Just before folding in the beaten whites add the ground praline. Pour the batter into 3 layer cake tins and bake in a moderate oven (350° F.) for 5-6 minutes. Turn out of the pans and set to cool.

Soak gelatin in a little cold water. Reduce pineapple juice by simmering. Combine egg, sugar, flour and gelatin and beat well. Add

pineapple and rich milk and cook in a double boiler while stirring continuously until thickened. A few dabs of butter may be added. Chill and add pineapple, lemon juice and if needed a little more sugar. Cut the cakes into two or three uniform layers with a hot thin knife. Add filling between layers to make one large torte. Allow to stand for several hours in a cold place.

Combine egg whites and sugar for meringue, heat over hot water until consistency of thick sauce, remove from water and continue to beat until thick enough to spread. Coat the whole torte, place it in a slow oven until meringue has set. Chill and garnish with grapes and leaves cut from marzipan paste (recipe No. 633), which has been colored several tints to represent fall colors. Tint a little of the paste with cocoa and roll into stringlike pieces and use to represent grape stems and tendrils.

Serve with or without a pineapple sauce (recipe No. 310).

620. Torte Supreme

sponge cake
vanilla filling
Meringue: **3½ oz. almonds**
1 cup sugar, 3 egg whites
Frosting: **5 tablespoons sugar**
3 tablespoons water
3 egg yolks, beaten
⅝ cup butter, washed
green coloring
5 oz. glacéd grapes, or cherries

For sponge cake follow directions in recipe No. 617. Add 1 tablespoon water to the ingredients given. Using 2 whole eggs in place of 4 yolks prepare a vanilla filling after directions in recipe No. 616. Prepare an almond meringue after directions in recipe No. 612. For the frosting cook a sirup of the sugar and water until it threads, pour onto the yolks and beat until almost cooled, then add dabs of butter. If the frosting starts to separate add 1 tablespoon hot butter and beat vigorously until smooth. Color half of the frosting a pale green.

Cut the cold cake into three uniform layers, add filling and allow to stand for several hours. Place the cake on a paper doily on a heavy cardboard or board, coat with the almond meringue and set in a very slow oven (300° F.) until meringue has set. When cold trace any desired pattern with a pointed knife over the top and sides. With a small flat pastry tube make narrow overlapping folds of green butter frosting around alternate parts of the pattern. With a small round

Torte Supreme

pastry tube make narrow rows of small stars of uncolored frosting around the remaining pattern. Arrange grapes or cherries to complete the pattern. Fine strips of orange peel may be added as a color contrast. See illustration.

621. Mocha Torte

sponge cake
Meringue: 4 egg whites
⅞ cup sugar
Mocha filling: 4 egg yolks
¾ cup strong coffee
⅝ cup thin cream, sugar
2 teaspoons potato flour
Frosting: 2 egg yolks
3½ tablespoons sugar
4-6 tablespoons strong coffee
7 tablespoons butter
Marzipan: ½ cup powdered sugar
2 oz. blanched almonds
egg white, cocoa, coloring
Meringues: 2 egg whites
¾ cup powdered sugar

For sponge cake follow directions in recipe No. 617, and bake in a round cake pan. Beat whites for meringue until stiff, fold in sifted

sugar and spread in the same pan as used for the cake. Bake in a slow oven (under 300° F.) until set and lightly browned. For filling follow directions in recipe No. 616. Prepare frosting after directions in recipe for torte supreme.

Cut the cold cake into two layers, spread bottom half with one-half of the filling, add layer of meringue, rest of filling and second layer of cake. Allow to stand for several hours. Coat the whole cake with frosting, spreading it evenly with a knife.

Prepare marzipan after directions in recipe No. 633. Tint half of it with cocoa and other half with yellow coloring. Roll out and cut into uniform small squares. Arrange the squares of brown and yellow marzipan alternately in checkerboard pattern over the top of the cake. Garnish edges of squares, side and rim of cake with fine strips of frosting forced through a small pastry tube. Around the sides of the cake place small meringues baked in the shape of small mushrooms. Between these may be added small yellow mushrooms shaped of marzipan. A few green leaves around the bottom add to the decorative effect.

Mocha Torte Without Butter Frosting: A simpler mocha torte may be made by cutting a sponge cake (recipe No. 616-II) into three layers and combining with a filling of whipped cream flavored with sweetened strong coffee (1¾ cups thick cream, ½ cup strong coffee, ¼ cup sugar). Coat with coffee flavored cream and garnish with 2 oz. thinly flaked almonds first browned in the oven and cooled.

622. Sans Rival Torte

Meringue: 5½ oz. almonds
1⅓ cups powdered sugar
5 egg whites
butter frosting
Praline: 2 oz. almonds
3 tablespoons sugar
Marzipan: 1½ oz. almonds
7 tablespoons powdered sugar
egg white, coloring
Garnish: 10 almonds

Beat whites for meringue until stiff, add ground almonds and sifted sugar and mix lightly with a fork. On a large buttered and floured baking sheet trace four squares about 7 inches in size. Spread a fourth of the meringue on each square evening off with a spatula. Bake in a

slow oven (300° F.) until set and a light golden brown, about 20 minutes in all. With a spatula remove from the sheet as soon as done, trim edges if necessary and set to cool slowly.

Prepare butter frosting after directions for torte supreme. Prepare praline after directions in recipe No. 480, grind and add to frosting. Spread butter frosting between layers of meringue to form a square torte. Coat torte with remainder of frosting smoothing it with a spatula dipped in cold water.

Prepare marzipan after directions in recipe No. 633 and color a pale green. Shape half of the paste into a roll of finger thickness and roll out to a band about ½ inch wide. Roll out remainder of paste to bands about ¼ inch wide. Lay the wider band diagonally across the torte. Twist the smaller band two or three times and shape into a fancy bow with several loops. Place the loop on the other band to represent a tied ribbon. A band of marzipan may be laid around the outer side of the torte. Brown blanched and flaked almonds in the oven, cool and sprinkle attractively over the torte. Cover torte and set in a cool place for at least one day before serving.

If preferred this torte may be made in round, diamond or heart shape.

Almond Easter Torte: Follow same proportions and method as given for Sans Rival Torte. Reduce the sugar in the marzipan somewhat so that it can be handled more easily. Divide and tint with several colors appropriate for Easter. A square torte may be decorated in the following manner. Flatten out the marzipan, make bands and place diagonally across each corner and down the sides. Shape Easter lilies and stems of colored paste and arrange in cluster effect on the center and corners of the torte. Weave a small nest of strips of uncolored paste, coat with melted chocolate and when hardened set in the center of the torte. In the nest add several small chicks shaped from yellow marzipan. Complete the garnish with colored flaked almonds.

623. Chocolate Torte

Sponge cake
2-3 tablespoons cocoa
1½ large or 2 small eggs
***Filling:* ⅝ cup milk**
2 tablespoons water
⅝ cup thick cream
***Icing:* 3½ oz. chocolate, or chocolate icing**

5 tablespoons sugar
¾ teaspoon gelatin
Garnish: 10 pistachio nuts, or
10 almonds, flaked

For sponge cake follow directions in recipe no. 616-I. Cook filling after directions in same recipe. Remove from fire, add gelatin soaked in cold water, beat until cooled and fold in whipped cream. Cut the cake into three uniform layers and spread thickly with filling. Set in a cold place until filling has stiffened. Coat with melted chocolate or a chocolate icing (recipe No. 631). Garnish with chopped pistachio nuts or blanched almonds flaked and tinted a pale green.

624. Easter Torte

Cake: 5 eggs, separated
1 cup powdered sugar
2½ oz. almonds, ground
6 bitter almonds, ground
1 cup pastry flour
7 tablespoons butter
Filling: 1 egg, or 2 yolks
1 teaspoon potato flour
¾ cup rich milk (half cream)
1-2 tablespoons sugar
2-3 teaspoons arrack, or vanilla
Marzipan: 2½ oz. almonds
1 cup powdered sugar, egg white
2 oz. chocolate, coloring
Icing: ⅝ cup powdered sugar
2 tablespoons water

Beat yolks and sugar until light and porous. Melt butter, cool and cream, then add to yolks and sugar while beating vigorously. Add ground almonds, then sifted flour and fold in beaten whites. Bake in six layers in round 6 inch tins, for about 15 minutes in a moderate oven (350-375° F.).

Prepare filling after directions in recipe No. 616. Prepare marzipan after directions in recipe No. 633. Roll out part of paste and cut out lily petals. Color some of the paste green, roll and cut out leaves and stems. Color part of paste yellow and shape 6 or 7 small chicks. Of remaining paste shape a bird's nest and with a wooden skewer mark the surface to resemble twigs, then coat with melted chocolate. Prepare an icing in the same dish used for melting the chocolate.

Put layers of cake together with filling and coat whole torte with icing. Before icing hardens arrange flowers and leaves of marzipan to represent lilies around the side of the torte. Place the nest on top and in it arrange the chicks.

625. Arrack Wreath

sponge cake
Filling: 1 tablespoon sugar
1 yolk, 5 tablespoons milk
1½ tablespoons arrack
pure vanilla

Frosting: 5 tablespoons sugar
3 tablespoons water
3-4 egg yolks, ¾ cup butter
4 teaspoons arrack, or cocoa
Garnish: 6 oz. glacéd grapes

For sponge cake follow directions in recipe No. 616-I. Bake in a well buttered and crumbed Savarin or angel cake tin in a moderate oven for about 20-25 minutes. When done invert on a cake stand and when cold cut into three uniform layers. Prepare filling after directions in recipe No. 616. Flavor only mildly with arrack or vanilla.

Cook frosting after directions for torte supreme. Instead of arrack the frosting may be flavored with 2 tablespoons cocoa or ½ oz. melted chocolate. In that case use vanilla for the filling. Spread filling between layers of cake and coat outside with frosting evened off with a spatula. Turn remainder of frosting into a pastry bag fitted with a small fluted tube. Place the grapes in diagonal, parallel rows around the side and edge of the cake. Between the grapes add two rows of small rosettes of frosting. Between every two rows of frosting lay a long fine strip of candied orange peel. Keep all ingredients cool and serve soon after combining.

Jelly Roll: Make an oblong paper cake pan (10x14 inches) out of either heavy parchment or buttered paper. Set on a baking sheet and pour in the cake batter (rceipe No. 616-I). Bake in a moderate oven (350-375° F.) for about 10 minutes. If oven is too slow cake is more apt to break when rolled. When done turn onto a cloth well sprinkled with powdered sugar. Unfasten and carefully draw off the paper pan, trim edges of cake, spread thickly with soft jelly or fruit butter and roll lengthwise. Wrap in the sugared cloth and set to chill. When cold cut into slices about ¾ inch thick.

Christmas Log: Bake a sponge cake in same way as for jelly roll. Spread with a chocolate butter frosting as directed for arrack wreath. Roll crosswise into a thick log shape. Turn remainder of frosting into a pastry bag with a flattened pastry tube. Cover the log with bands of frosting to represent bark of a tree. A few pieces of cake trimmings may be laid here and there on the log to represent stumps of branches. Cover these also with frosting.

626. True Almond Torte

½ lb. blanched almonds, ground
1½ cups powdered sugar
6 egg whites
Icing: ¾ cup powdered sugar
1½ tablespoons cocoa
1½-2 tablespoons water
Garnish: 10 pistachio nuts, or
3 candied orange peels

Sift sugar gradually into the twice ground almonds, then add carefully stiffly beaten whites. The mixture must not be soft and loose. Pour the mixture into a shallow cake or torte pan well buttered and dusted with fine crumbs. Bake in a slow oven (300-325° F.) for about 30 minutes. Cool before removing from the pan. Coat with chocolate icing (recipe No. 631) made thick enough to spread. Before icing dries dredge with chopped pistachio nuts or chopped orange peel.

Almond Soufflé: Bake the almond meringue in a Savarin or angel cake tin and store in a tight box in a cold place for a day or two before the torte is to be served. Cover with a meringue made from 1½ egg whites and ½ cup powdered sugar. Bake in a very slow oven until meringue has set, about 2-3 minutes. When cold decorate with clusters of grapes and leaves shaped from marzipan colored red, yellow and green. Fill center with a mold of ice or whipped cream flavored to taste.

627. Meringue Torte with Chocolate Filling

Meringue: 5 egg whites
1⅓ cups powdered sugar
Frosting: 2 egg whites
¾ cup powdered sugar
1⅛ cups butter, washed
⅜ cup cocoa, 2 oz. chocolate
Garnish: 1 oz. blanched almonds
powdered sugar

Cut four circular pieces of heavy wax paper the size of a dinner plate, brush with butter and place on baking sheets. Fold sifted sugar into the stiffly beaten whites and spread a fourth of this meringue on each piece of paper. Bake in a very slow oven (under 300° F.) for about 20 minutes. Cool thoroughly before removing from the paper.

Mix sugar and whites for frosting, set over hot water and beat until the consistency of thick sauce. Remove from water, beat until almost cold and add dabs of butter. Melt chocolate over hot water, add cocoa and enough water to give a smooth thick consistency and combine with frosting. Trim edges of meringues to make them uniform, spread

with a fourth of the frosting and place together in layers. Coat top and sides with rest of frosting smoothing it with a knife dipped in cold water.

Chop almonds until granular, lay on a wax paper, set in a slow oven until golden brown, cool and dredge over the surface of the torte. Cut strips of paper about ⅜ inch wide and lay in four parallel diagonal rows across the torte. Lay other strips in opposite direction thus forming diamond shaped patterns. Dredge with sifted powdered sugar and carefully remove the paper. Cover and allow to stand in a cool place for a couple of days before serving.

Brown Almond Torte: Add to recipe for sponge cake (recipe No. 616-II), 2½ oz. ground almonds and 6 ground bitter almonds. Bake as directed for sponge cake about 45 minutes. Dust with powdered sugar and serve or garnish as suggested for other tortes.

628. Royal Torte

7 tablespoons butter, washed
¾ cup sugar, 3 eggs, separated
1 cup grated cooked potato
5 oz. almonds, 6 bitter almonds
***Icing:* almonds, candied orange peel**

Cream butter while adding sugar until light and porous, stir in yolks one at a time, grated potatoes and ground almonds and lastly fold in beaten whites. Turn into a buttered cake pan first dredged with crumbs and bake in a slow oven (300° F.) for about 45 minutes. When cold coat with a white or chocolate icing (recipe No. 631). Garnish with halves of blanched almonds and blades of orange peel arranged to give a spray effect of flowers and leaves.

Birthday Torte: Use either the cake in royal torte or a sponge cake (recipe No. 616-III). If using the latter increase proportions by one-half. Put layers together with either a vanilla cream filling (recipe No. 616) or with a fruit filling. Coat outside of torte with a chocolate icing (recipe No. 631). Arrange flower effects over top using halves of blanched almonds and green marzipan cut in the shape of leaves, the number depending upon the number of candles to be set in the torte. Stick small candles in candle holders in the center of each flower. If desired other colors and different designs may be used in the center.

629. Marzipan Torte

¾ lb. ground almonds
¾ lb. powdered sugar
about 2½ egg whites
***Garnish:* 1 oz. chocolate**

Prepare marzipan after directions in recipe No. 633. When smooth place on a board, roll out and with a plate as a pattern cut a round cake. Of the paste that is trimmed off shape flowers or other figures and garnish the top of the torte. Force melted chocolate through a small paper funnel and make attractive designs to fit in with the rest of the pattern.

630. Christmas Torte

sponge cake, filling, icing
***Marzipan:* 3½ oz. almonds**
1 cup powdered sugar
egg white, coloring

Follow directions for sponge cake (recipe No. 616-III), increasing recipe by one-half. Bake in four layer cake tins of different sizes. When cold cut into layers, add filling (recipe No. 620) or jelly and arrange on top of each other pyramid fashion. Coat the whole torte with a chocolate icing (recipe No. 631) which should be stiff enough so that it does not soak into the cake.

Prepare marzipan after directions in recipe No. 633. Shape into small Christmas figures, bells, candles, Santas or others as desired. Use red coloring for the caps on the Santas. Arrange figures in tiers on the torte and in the center set a Christmas candle. Small leaves of green marzipan or other decorations may be added around the bottom of the candle. This torte may be kept one or two days before serving. It makes a very attractive center decoration for a Christmas table.

631. Icings

Water Icing: ¾ cup powdered or confectioner's sugar moistened with 1½-2 tablespoons water and 1 teaspoon lemon juice.

Wine Icing: ¾ cup powdered or confectioner's sugar moistened with 2 tablespoons white wine. Both the water and wine icing are best if mixed on a plate with the back of a silver spoon. Any desired coloring may be added to the icing.

Egg White Icing: ⅝ cup powdered or confectioner's sugar moistened with 1½ egg whites. Beat sugar and whites in a bowl set over

hot water until mixture has consistency of a thick sauce. Remove from water and continue to beat until very thick so that it may be easily spread with a knife. After cake or torte has been coated with icing set in a slow oven a couple of minutes so that it hardens on the surface but does not brown.

Cocoa Icing: ¾ cup sugar, 2 teaspoons cocoa and ¾ cup cream. Combine ingredients in a small heavy saucepan and stir slowly while cooking until thickened. Cool partially before spreading.

Cocoa Icing (uncooked): ¾ cup powdered or confectioner's sugar and 1½-2 tablespoons cocoa moistened with 2½ tablespoons water and 1 teaspoon lemon juice. Sift together sugar and cocoa, then mix with liquid on a plate until smooth.

632. Icing for Garnishing

Sift ½ cup powdered or confectioner's sugar and combine with the white of ½ small egg. Work with a silver spoon until icing is smooth and so firm that it does not run. Flavor, color if desired and force through a pastry tube or paper funnel clipped at the end to make whatever designs may be desired.

633. Marzipan

½ lb. almonds, blanched
½-¾ lb. powdered sugar
egg whites
coloring, flavorings

Dry blanched almonds in a very slow oven but do not allow them to brown. Run through a fine grinder twice to form an almond paste. Work the sugar into the paste with a wooden spoon, preferably in a mortar. When well blended add egg white, a little at a time and continue to work until mixture is as fine and firm as a dough. If not to be used at once form into a ball, wrap in a cloth and store in a covered jar in a cool place. The marzipan improves by standing at least a day or two before using.

For confections the marzipan may be varied by adding other ingredients such as roasted hazelnuts, chopped walnuts or pistachio nuts, finely mashed praline or almond brittle, chopped candied orange peel, candied ginger, rum, arrack, strong coffee or other flavorings. It may be colored or tinted and shaped to represent fruit, flowers or other

objects. Alone or combined with other ingredients it makes a delicious center for creams coated with chocolate, fondant or hard candy.

Miscellaneous

634. Stirred Cold *Lingon* Preserves

Clean berries, drain and pour into a large deep bowl or crock, add sugar and stir with a silver or enamel spoon continuously for at least 1 hour. The stirring will partly break the berries. Pour into sterilized glasses and cover with paraffin or into crocks and bind with heavy wax paper. (3 parts berries to 2 parts sugar by weight.)

635. Spiced *Lingon*

Clean 1 lb. firm ripe *lingon* and place in small jars. Cook a sirup of 1½ cups sugar, ⅝ cup water and 25 cloves, skim and pour over the berries. Cover the jars with a folded cloth and after standing several days pour off the sirup and reheat it. Cool and pour over the berries again. Repeat after a couple of days. The sirup should completely cover the berries. Tie wax paper over each jar and store in a cool place.

636. Caramels—*Knäck*

1⅛ cups thick cream
1 cup light sirup
1⅛ cups sugar
5 tablespoons dry fine crumbs
2½ oz. blanched chopped almonds
1 tablespoon butter, (vanilla)

Combine cream, sugar and sirup, cook slowly and stir until a test in cold water forms a soft ball. If a soft candy is preferred cook to 246° F., but if a harder, chewy candy is desired cook to 250° F. Add remaining ingredients and pour into small fluted paper candy cups.

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